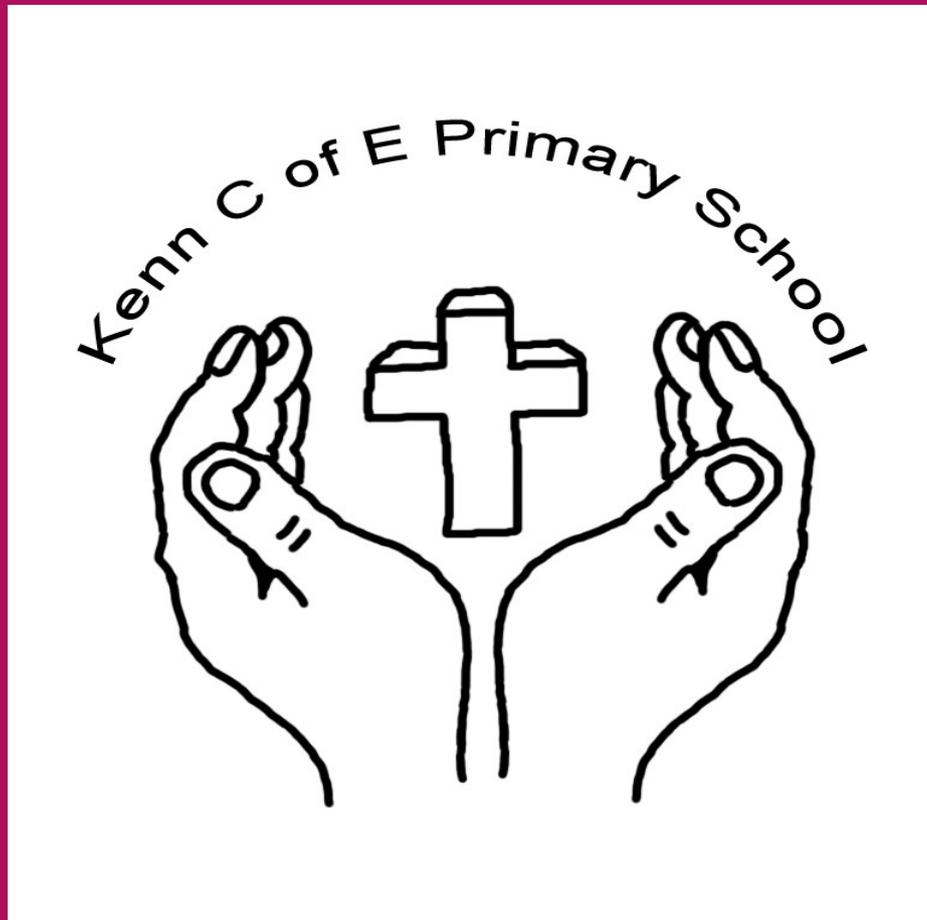


Kenn Church of England Primary School
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Newsletter

Friday 12th March 2021

Return to school, March 8th!

All children to return to school – 8th March

2021

Dear Parents/ Carers.

Thank you for your commitment in ensuring your children return to school. We have absolutely loved having the children back into school! They've come back with a wonderful attitude and we should all be observant and proud of how resilient they are; taking all these steps in their stride and getting back on track with their curriculum learning journey.

A few reminders for the coming term...Please ensure

- * you have a set drop off time and coordinating pick up time for the children. Either 08:45-09:15 **OR** 09:00-15:30. We must ensure the children have the same allocated time in school and therefore cannot mix these.
- * your child/children has/have a water bottle. These will go home on a Friday for a good clean and be rinsed in school at the end of each day.
- * You are supporting us to keep children and staff safe by not mixing with people outside of the government guidelines. If you need support with that, please contact us.

House Points Easter Reward!

We have planned an exciting reward for the house who is able to collect the most house points between the 8th of March and the end of Term. This will hopefully give added incentive to the children's attitude for learning as they get back on track.

Children can earn House Points for a whole host of reasons linked to learning, behaviours and attitude.

The House who collects the most House Points by the last Wednesday of this term will be rewarded with an Easter Egg Hunt on the field!

Children will need to remain in their bubbles, therefore each class will do it separately but we look forward to celebrating a great few weeks of learning with the children through this reward!



Why Reading?

You will have read that this term we are choosing to focus solely on reading for home learning. We hope that you'll also be able to recognise that this is not just children reading independently, we are hoping to help promote a love of reading within the children as they begin to foster a passion for reading and take pleasure in enjoying a book with others at home.

Reading is one of the single most powerful things we can do to support children's development.

Many studies have demonstrated that reading can:

- * **Increase children's vocabulary**

Studies have shown that children who read for 30 minutes per day, everyday throughout their childhood encounter as many as 13.7 million words by the times they leave education. Contrastingly, children who read for less than 15 minutes per day were shown to have only been exposed to around 1.5 million words by the time they left education. A difference of more than 12 million words!

- * **Develop empathy**

We encounter many different types of characters through stories and we begin to understand and relate to them. We work through their problems with them, we make inferences about them, all powerful tools which can help us understand the world we live in and the people around us.

- * **Be an escape**

Perhaps the best part about reading is that it offers an escape to many different worlds! As Roald Dahl observed of his character Matilda 'books transported her into new worlds and introduced her to amazing people who lived exciting lives!'

- * **Improve memory**

Children use many different skills when they read, skills that need frequent practice to become fluent. As they become more fluent, the challenge within the text is increased and children need to make more links within the story. All of this supports something called 'retrieval practice' which is the act of children revisiting learning. The more often they do this, the greater their 'recall' becomes.

- * **Improve concentration**

Developing children's ability to focus and listen to a story directly translates to their ability to focus and listen to instruction or focus and concentrate on other tasks which require thought and skill development.

- * **Enhance imagination**

- * **Give us new experiences which we otherwise may not 'live'**

We live many experiences everyday. However, we do not need to only live an experience to know about it. Children who live in a rural setting, are more likely to be able to write creatively about a child who lives on a farm, for example. This is a more abstract concept for a child who lives in a city. However, reading can give us these experiences.

- * **Boost critical thinking skills**

We challenge children to answer questions linked to their understanding of stories. For some of these, they'll need to reason with what they know. For example, to make a prediction, they must take in to account what they know about the characters, the events so far and the genre they're reading.

Whatever way we look at it, fostering a love of reading within our young people is something that can be greatly powerful to their development.

This is a link to an interesting read: <https://www.renaissance.com/2018/01/23/blog-magic-15-minutes-reading-practice-reading-growth/#:~:text=Twelve%20million.&text=The%20difference%20is%20more%20than%2012%20million%20words.&text=Using%20this%20ratio%2C%20a%20student,the%20amount%20of%20vocabulary%20growth.>

Reports & Parent Review Meetings

Reports are going to be released on Friday 19th March. They will be reflective of the child's learning journey from the start of the year, this will be inclusive of learning throughout lockdown.

Parent Review Meetings will take place on 22nd March

As before, you will be able to email the office to book a 1 hour slot for this. Then, your class teacher will phone you for a 15 minute conversation within your 1 hour slot. We will endeavour to fit everyone in at their preferred time, however, there will be limited availability and we may need to allocate a different time slot. You will be informed of this.

Class 1: Tuesday 23rd March

Class 2: Monday 22nd March

Class 3: Wednesday 24th March

Class 4: Wednesday 24th March

Slots available to book: 2pm-3pm, 3pm-4pm, 4.15pm-5.15pm, 5.15pm-6.15pm



IMPORTANT DATES

- * Please see below the important Spring Term 2 dates
- * Monday 8th March: All children return to school
- * Friday 19th March: Mid-year summary report cards released
- * WB 22nd March: Parent Review Meetings
- * Thursday 1st April: Last day of Term
- * Friday 2nd April: Good Friday and first day of the Easter Holidays



**Don't forget
to return your
library books!**

A number of library books have been loaned for reading at home. We need them back now please. The loan was until half-term, which has passed. We need to quarantine the books ready for wider distribution. If you are still reading a book and therefore need to loan it for longer, please let your class teacher know.



**WEAR A
MASK**

Please remember to where a mask when collecting, dropping off or coming onto site.

Many Thanks!

Lateral Flow Testing



Accessible and easy to use



No lab required, with fast results



Safe technology

Did you know that you can now access free lateral flow tests, helping to keep the transmission within the community down?

Here's the link to more information on this: <https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff>

Below are the sites where you can collect your tests, once you've booked your appointment.

University of Exeter - College House, St. Luke's Campus

Magdalen Road
St Luke's Campus
Exeter
EX24TH
[Get Directions](#)

Normal opening times today
01:00pm - 08:00pm

Howell Road Car Park

Howell Road Car Park
Exeter
Exeter
EX44EY
[Get Directions](#)

Normal opening times today
01:00pm - 08:00pm

Email: admin@kennandkenton.devon.sch.uk

fresha

MAKE FIBRE FUN & CARBS COOL!

We know many parents feel pretty darn whacked right now. Fresha focuses on maximising the nutrition within your child's school lunch but we can help you to boost your child's health at breakfast and dinner too.

Rather than just sharing the latest in nutritional guidance, we'll support you with ideas to make their healthy eating more affordable, more achievable and more appealing! (You'll find this complements the work we're undertaking with your child's school to support their health education too).

Let's kick off with Fibre.

Primary school children in the UK should be consuming an extra 5g of fibre every day (bda.uk.com). What's more, adults are only consuming 60% of the fibre they should be, so there's a great opportunity to benefit alongside your children here.

You may know the popular 'See Inside Your Body' book. Even if you don't, you can probably guess the page that typically has the worn-out flaps and pull tabs... yes, the digestive system! Talk fibre and the importance of regular bowel movements and you've giggly children in an instant. Yet on a serious note, do you know just how very important fibre really is?

- Fibre slows sugar absorption and gets your intestines working faster. Both will help prevent over-eating and your child's chance of facing diabetes and heart disease in the future.
- Fibre gives your child a scrub where even you can't reach! The roughage cleans their insides, reducing their risk of colon cancer.
- Fibre keeps their bowels regular, avoiding the problems associated with constipation.

So, a child lacking fibre, and growing up without an appreciation for its importance, is actually no laughing matter (even if the pull-tabs still are!). Here's our Fresha Top-Ten for a quick fix:

1. Look for cereals showing at least 5g of fibre per serving, whilst avoiding the sugar-laden ones. These are often the branded ones! You'll [find a helpful guide here](#) (ref. 1)

Wholewheat biscuits offer the timeless appeal of watching the milk absorb and are usually cheaper, so use some of that saving to introduce more fun and goodness! Offer ingredients for them to 'decorate' their breakfast with, such as honey, dried apricots, sultanas, fresh berries etc. You'll find plenty of inspiration at www.weetabix.com.

2. Switch to wholemeal pasta (or go 50/50 with plain). Most kids don't mind once under a sauce. Grating veggies into the sauce, such as carrots, quickly boosts fibre content further.
3. Add beans, kidney beans and chickpeas into Bolognese (mash a bit if it helps), casseroles and falafels. Falafels are fun and cheap to make together, and highly fibrous. Make the usual balls or turn into burger wraps! Check out the [recipe here](#) (ref. 2)— perhaps adding some diced celery and carrot for an extra gold star.
4. Celery not only has antioxidant and anti-inflammatory properties, but a single cupful packs in 5g of fibre! Turn celery into longboats carrying a cargo of cream cheese or hummus, or make a colourful Jenga stack using carrots and cucumber served with a side dip! Making it a starter when they're hungry for a meal can help.
5. Be savvy with your choice of bread as packaging can be misleading (some even use brown food colouring!). Look for at least 3grams of fibre per serving.
6. Are your kids only used to white rice? Start mixing in brown rice – it contains the husks which is where you find the fibre.
7. Sprinkle nuts and seeds into salads, wraps and stir-fries...whatever you can get away with! You may find buying online and in bulk (store in airtight containers or split with a friend) reduces the cost.
8. Eating fruit is healthier than drinking juice because the fibre remains, especially if you keep the skin on. Let your children make a fruit tower on a kebab stick – it's a game-changer!
9. Make a pot of nuts feel more special by mixing in some chocolate drops.
10. Popcorn is a great fibre-based treat to replace sweets or cake too!

Fancy some more ideas? Follow us on social media (@FreshaExeter).

Finally, if the above feels like yet more has fallen onto your radar then be sure to take something off. Whilst you focus on healthy dinners, let us look after lunches – it's our specialism!

Just ask your school office to allow your child a Fresha lunch.

Website References:

1. <https://www.newfoodmagazine.com/news/72886/sugar-content-cereal/>
2. <https://www.bbcgoodfood.com/recipes/falafel-burgers-0>

KENN & KENNIFORD EASTER TRAIL HUNT



TRAIL MAP AND SWEET CONE - £2
RAFFLE TICKET - £2

Available to purchase from:

- Playbox - from 1st March to 25th March
- Outside Primary School - 1st March 8.45-9.30am only

All proceeds to help fund Playbox secret garden



WANT TO MAKE A DIFFERENCE EVERY DAY?



Have you considered teaching?

We have helped people just like you start a successful career as a Primary Teacher.

Find out more about the DPSCITT course by joining us at one of our on-line open evenings (5.00-6.30pm) on:

Tuesday 23rd March
Wednesday 28th April
Tuesday 25th May

Book your place now at: www.dpscitt.ac.uk