

Healthy Habits

It has been lovely to welcome you back to school on the freshest of days over the past week! The children have been quick to settle back into the routine, and model expectations for new friends who have recently joined us. We are welcoming many new families to Kingswood at the start of this calendar year; please do look out for one another, and say hello.

The staff team started the year with a focus on developing healthy habits, and the need for ensuring children have a healthy start in life. This will be an ongoing theme but please do take note of ways you can support this, outlined in this newsletter.



There seems to be a growing trend of children arriving later and later at school in the morning. Please note school starts at 8:30 am. If children are late by ten minutes each day, they will have missed almost an hour of learning by the end of the week. Arriving late disrupts other children, especially when new ones are settling. Please ensure you set your alarm in order to arrive at school for 8:30am. The doors and gates are closed at 8:40am, when staff are with the children; no child should be arriving after this time.

Thank you for your help with this.

Mrs Macdonald



CONGRATULATIONS!



Kayleigh, one of our Key Persons in Nursery, has very recently been awarded her Level 4 Physical and Nutrition Co-ordinator qualification. We are delighted that her hard work has been recognised. As the PANCO for school, she will be supporting the Kingswood community to focus on more movement and improved food choices, and is our Wellbeing Champion.



UPCOMING DIARY DATES

**Pre School Information Session
for existing PS Parents
Weds 22nd and Thurs 23rd
January**

**NURSERY Pyjama Party
6-7pm
Tues 4th OR Thurs 6th
February**

**SCHOOL CLOSED HALF TERM
Mon 17th to Fri 21st Feb**

DANGERS OF SCREEN TIME

Children are accessing screens from an ever earlier age. Research highlights how this is having a detrimental effect on children's health and development.

Health and Educational Professionals are now meeting children who can 'swipe before they can walk'. Current figures suggest that 25% of 3 and 4 year olds own a mobile phone!



Young children need periods of activity and rest. The World Health Organisation recommends a maximum of one hour a day of screen time, which includes watching TV, and engaging in learning activities on tablets or devices, for 2-4 year olds.

Alternative activities such as talking to your child, reading stories and involving them in household tasks provide far more engaging learning. This often results in calmer behaviour and increased social skills and language.

We will be holding an information session later this term, to share ways in which you can provide safe, responsible and age appropriate access to screens.

Pre School Information Session

Mrs Macdonald will be leading an information session to talk through the Pre School Experience and answer any questions you may have.

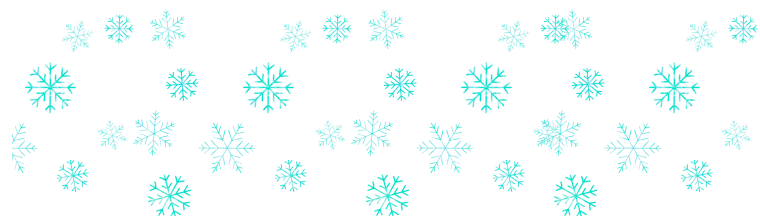


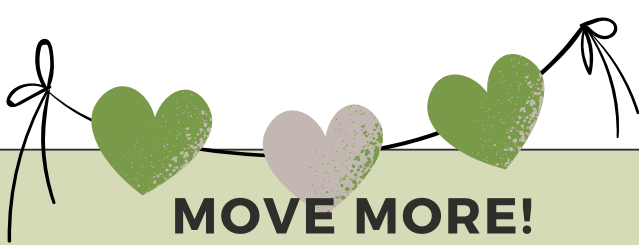
Online:
Weds 22nd January at
7pm

In person:
Thursday 23rd January
8:45AM
1:45 PM

Invitations will be emailed separately this week.

We hope to see you there!





MOVE MORE!

The British Heart Foundation recommends that children under 5 are active for a minimum of 3 hours a day!

We have an active curriculum in school but you can support your child to reach this health goal and develop healthy habits by:

- Ensuring they walk through the school gates and are not carried.
- Reducing their screen time to a quality 60 minutes a day.
- Provide time to play outside, visit parks, scoot to school, go swimming, dance to music inside, or complete a yoga session together.
- Dressing them in easily removable shoes (no laces, velcro fastening) so they can wear wellies outside at school in cold and wet weather.



Healthy Lunches at Kingswood!



If your child brings a lunch to school, remember we have specific guidelines to ensure it minimises tooth decay, waste, and supports our health goals.

More details here:
<https://kingswood.herts.sch.uk/download/5-ways-to-wow-at-lunch/?tmstv=1736852977>



Seeking Parent Governors

- ✓ Do you have a passion for ensuring quality in education?
- ✓ Can you advocate for children?
- ✓ Do you have skills to offer a leadership team, possibly with a background in premises, HR, finance, welfare or education?
- ✓ Can you work as a member of a team?
- ✓ Would you like to volunteer and 'give something back' to support our school community?



We are looking for proactive parents, who can work as a member of a team, to enhance the Leadership and Management of our school.

You would need to commit to attending 7 meetings a year, plus additional visits to school, and participating in regular training.

This is a voluntary role.

In April 2023 Ofsted stated "Leaders want the very best for all children. As a result, children learn a lot while they are at Kingswood. The nursery gets children's education off to an exceptionally good start."

If you are interested in finding out more about the role and coming to visit, please speak to Mrs Macdonald at the gate or get in touch via the office: admin@kingswood.herts.sch.uk

We would love you to join us.!