



Dragon's Roar-January-30/01/26

Dear Parents and Carers,

Welcome to this edition of our school newsletter! This week we're shining a light on **Children's Mental Health Week**, alongside celebrating creativity through our **Art Week Exhibition**. You'll also find information about **fidgets and toys**, the importance of **reading aloud to children**, and an update from the **Friends of KPNS**. We're pleased to share guidance on **supporting children's digital lives**, highlighting what young people want parents to know, as well as **Family Hub highlights** for local families. As always, we've included **safeguarding tips for parents and carers**, plus key **dates for your diary**. Thank you for your continued support and involvement in our school community.

Kind regards,

Mr Cresswell and Mrs King

In this week's edition...

- Children's Mental Health Week
- Art Week Exhibition
- Fidgets and Toys
- Reading Aloud to Children
- Update from Friends of KPNS
- Supporting Children's Digital Lives: What Young People Want Parents to Know
- Family Hub Highlights for Local Families
- Safeguarding Tips for Parents and Carers
- Dates for your diary!

The Keyword Code







Children's Mental Health Week

Next week is Children's Mental Health Week and the children will be participating in a range of lessons and activities supporting them in understanding their own mental health and how they can look after it. **On Thursday 5th of February, we have also arranged for the children to participate in a Gong Bath workshop.**

What is a Gong Bath?

Every Gong Bath is a unique experience, a time to just be. The children will lay on the floor, wrapped safely in a blanket, head resting comfortably on a pillow, the body begins to relax and the mind slips into a deep stillness. The sounds created by the Gong wash over them, enveloping them, creating vibrational ripples. Calming, soothing, vibrational sound. Slowing the heart rate, lowering blood pressure, steadying the breath.

It will be a great unique experience for all the children. **Please can we request that the children bring a pillow and a blanket with them on this day so they can be snugly during the session. NO toys!**



Art Week Exhibition!

Last week we had a fantastic Art Week in school where we celebrated the artist Henri Rousseau and his painting 'Surprised'. The children all did some amazing work and would like to share it with you. We will be holding an Art Exhibition on **Wednesday 11th of February 3-4pm** in the school hall. Everyone is welcome and the children would love to share their work with you.

Fidgets and Toys

We have seen an increasing number of fidgets and toys coming into school- this is causing disruption in classes and at breaktime. We kindly ask that the only things children bring to school are the following:

- Packed lunches
- Water bottles
- Reading books and diaries
- PE kits
- Appropriate outdoor clothing (coats etc)

Children who have a sensory need will have been assessed by school in partnership with parents and will be provided with something to meet their need. Going forward any toys, fidgets, jewellery, lip gloss, Pokémon card etc will be removed by the teacher and given back at the end of the week.

Reading Aloud to Children

There is no blueprint for reading aloud, but these simple steps from Professor Teresa Cremin will help you relax and enjoy the special time that is sharing a book with your child. She says: "Reading aloud not only nurtures children's pleasure in reading, it offers them models of how a book should sound and feel, helping them develop expressive reading in their own heads. Reading aloud to young children prompts them to listen actively and process more challenging texts and vocabulary than they could possibly achieve on their own".

[Reading aloud to children – 7 steps to make it magical - Keyworth Primary & Nursery School](#)

Here is an update from the Friends of KPNS:



shutterstock - 232490611

- If you would like to offer your support to school on a more regular basis, check out our school lottery page. You can win some great prizes whilst supporting our school! [Our School Lottery- Buy your tickets here! - Keyworth Primary & Nursery School](#)
- We have 2 discounted Nottingham Panthers matches available: Sign up early to avoid disappointment. [Nottingham Panthers Vs Manchester Storm - Keyworth Primary & Nursery School](#) and [Nottingham Panthers Vs Cardiff Devils - Keyworth Primary & Nursery School](#)
- **F2 and KS1 Game Night.** See details on how to book your child's place here: [F2 and KS1 Game Night - Keyworth Primary & Nursery School](#)

Supporting Children's Digital Lives: What Young People Want Parents to Know

Children spend an increasing part of their lives online — learning, playing and socialising. A new guide from the **Office of the Children's Commissioner** shares clear, practical advice to help parents and carers support children to stay safe in the digital world.

Importantly, this guidance is shaped directly by children and young people in England, including teenagers and young people with SEND. Their message is reassuringly clear:

children value **firm, informed boundaries** from adults, especially when there are concerns about online content or behaviour.

Many young people reflected that, with hindsight, they wish they had been protected from smartphones and unrestricted online access for longer. They want parents to feel confident setting limits, explaining expectations, and stepping in when something doesn't feel right.

The full guide offers helpful prompts and practical advice for managing children's everyday online habits at home:

👉 <https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>

A Simple Step That Makes a Big Difference - Free School Meals

Did you know that registering your child for Free School Meals can make a real difference — even if your child doesn't take the meal? When a child is registered as eligible, the school receives extra Pupil Premium funding. This isn't a payment to families, but it helps schools provide additional support, resources and opportunities that benefit children's learning and wellbeing.

Why registering matters

- It helps schools invest more in teaching, support and enrichment
- Your child may be entitled to a free, healthy school meal each day
- Registration is confidential and does not affect other benefits
- Even if your child brings a packed lunch, the school still benefits from the funding

Children in Reception, Year 1 and Year 2 already receive a free school meal. Even so, registering is still important if you are eligible, as it allows schools to access this additional funding.

Could your child be eligible?

Many families are eligible and don't realise it — including some who are in work or whose circumstances have changed. Eligibility isn't based on employment alone. If you receive certain benefits, your child may qualify for Free School Meals. These can include benefits such as Income Support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance, the guaranteed element of Pension Credit, Child Tax Credit (with low household income), and Universal Credit (under current criteria), among others.

You can check if your child qualifies and apply online here: <https://www.gov.uk/apply-free-school-meals>

How to register

Registering is quick and straightforward through your local authority.

👉 Apply for Free School Meals (Nottinghamshire):

<https://www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk>

If you're unsure whether you qualify or need help with the form, please get in touch — we're happy to help.

One small step — a bigger impact

By registering, you're helping ensure that schools can continue to provide the best possible support for all children.

Family Hub Highlights for Local Families

Family Hub Support for Families in Keyworth – February and March 2026

The Rushcliffe Family Hub is here to offer free, confidential support for parents and carers. Families in Keyworth can access advice, groups and practical help early, without needing a referral or a problem to reach crisis point.

Below are some local opportunities available over the coming weeks, alongside a reminder of the wider support the Family Hub can offer.

Family Support Drop-In – Keyworth

These relaxed drop-in sessions give parents and carers the chance to speak informally with Family Hub staff about everyday concerns, including behaviour, routines, toileting, emotional wellbeing, and speech and language development.

Keyworth Library, Church Drive (NG12 5FF)

Thursday 12 February

Thursday 19 March

10.30–11.30am

No appointment is needed – families can simply turn up.

Baby Weighing Sessions – Keyworth

Monthly baby self-weigh sessions are available locally. These sessions offer reassurance, informal advice and the opportunity to ask questions in a calm, supportive environment.

Keyworth Health Centre

Monday 9 February

Monday 9 March

1.30–2.30pm Free Course for Parents – Opening Doors with Confidence

The Family Hub is also offering a free course for parents and carers living in Rushcliffe called Opening Doors with Confidence (Being the Best You). The course is delivered by Inspire Learning and takes place in a friendly, non-judgemental setting.

The sessions focus on building confidence within the family and support parents to:

- understand what may be affecting their confidence
- increase self-awareness
- develop practical strategies to make positive changes
- strengthen wellbeing across the whole family

Course details:

Venue: Bingham Family Hub (formerly the Children's Centre)

Day: Monday

Time: 1.00–3.00pm

Dates:

- 9 February
- 23 February
- 2 March
- 9 March
- 16 March
- 23 March

If childcare is needed, a crèche induction session is available on Monday 2 February at 1.00pm at Bingham Family Hub. Places are limited, so families are encouraged to get in touch early.

What Else Can the Family Hub Help With?

The Family Hub supports families with children aged 0–19. This includes help with:


- child development, sleep and behaviour
- early communication and school readiness
- feeding, weaning and fussy eating

- emotional wellbeing and parental confidence
- parenting programmes and targeted support

Recent changes across Nottinghamshire mean families can now access support through a single, joined-up Family Hub service. This makes it easier to get the right help at the right time, whether support is needed briefly or over a longer period.

Families in Keyworth can access local support directly, and the Hub can also signpost to wider services across Rushcliffe where appropriate.

Contact the Rushcliffe Family Hub

 0115 977 3749

 FHRushcliffe@nottscc.gov.uk

 www.nottinghamshire.gov.uk/care/family-hub-networks

 Search Family Hub Network – Rushcliffe on Facebook

The Family Hub is there to support families early, positively and without judgement. Sometimes a short conversation is all it takes to open the door to the right support.

Safeguarding Tips for Parents and Carers

Staying Safe on the Way to and from School

Children's safety is a priority both in school and as they travel to and from school each day. As part of our ongoing safeguarding work, we regularly talk with pupils about personal safety and stranger awareness in ways that build confidence, not fear.

Key messages we share with children include:

- Do not speak to or go with anyone they do not know.
- Never accept lifts, gifts or invitations from strangers.
- Go straight home or to their agreed pick-up point.
- Tell a trusted adult immediately if they are approached or feel uncomfortable.

We also remind children how important it is to know their **end-of-day arrangements**. Being clear about who is collecting them and where they are going helps avoid uncertainty if plans change.

We kindly ask parents and carers to reinforce these messages at home. Regular, calm conversations help children feel safe, confident and supported.

Working together, we can help children stay secure as they move between home and school.

Dates for your Diary



Tuesday 3rd February- Children's Mental Health Week

Wednesday 4th February- Y3 Trip to Cresswell Craggs

Thursday 5th February- Mental Health Workshops for all year groups.

Friday 6th February- Wonderdome Experience for Year 5

Monday 9th February- NSPCC Workshops for children.

Tuesday 10th February- Safer Internet Day

Wednesday 11th February- KPNS Art Exhibition.

Thursday 12th February- Y6 Library Visit

Thursday 12th February- F2 and KS1 Game Night

Friday 13th February- INSET DAY- School closed to all children.

16th-20th February- Half Term

Monday 23rd February- Children back in school

Click on the link for school holiday dates for the next academic year: [Keyworth Primary and Nursery School - Term Dates](#)

A quick update to let you know that all INSET days for the 2025-26 academic year are now on the school calendar and can also be found in the [School Holiday](#) section on the website.