



## Dragon's Roar- March - 06/03/26

Dear Parents and Carers,

Welcome to our **Dragon's Roar** – we hope you enjoy reading our newsletter, which is here to keep you updated with key messages and important dates from school.

We hope you all had a relaxing and enjoyable half-term break. It has been lovely to see the children return to school refreshed, happy, and ready for another busy few weeks of learning and fun.

This half term is packed with some exciting events, including **Book Week and Science Week**. These are wonderful opportunities for our pupils to explore new ideas, celebrate creativity,

and deepen their learning in engaging and meaningful ways. We're really looking forward to all the activities and experiences the coming weeks will bring.

Alongside these events, our whole school focus this half term is **understanding our feelings**. Through class activities, discussions, and stories, we will be helping children to recognise their emotions, talk about how they feel, and develop positive ways to manage those feelings. Supporting children's emotional wellbeing is a really important part of school life, and we are excited to explore this together.

Please remember to keep checking our school website, as you should be able to find answers to many common questions there. You can also find all of our newsletters on the website in the '**News and Events**' section.

Best wishes,

**Mr Cresswell and Mrs King**

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## The Keyworth Code





## World Book Day 2026!

What an incredible World Book Day we have had!

This year, we took a **non-fiction focus**, and our school was transformed into a wonderful celebration of real-life inspiration. Our corridors were filled with characters from history, the

world of science, sporting personalities and even some super cool animals you might find in a non-fiction book. It was fantastic to see such creativity and enthusiasm on display.

We began the day with an exciting whole-school assembly led by Mrs King, where we explored what non-fiction books are, how we use them in our learning and everyday lives, and even imagined what the world might be like if they didn't exist. The children shared brilliant ideas and showed a real appreciation for the importance of factual books in helping us to understand the world around us.

Throughout the day, the children took part in a range of wonderful activities. From exploring maps and flags, to designing their own Top Trumps cards, and even attempting to break a few world records, there was a real buzz of excitement across the school. Some children also had the opportunity to learn about Ramadan and Eid, helping to broaden their understanding of different cultures and traditions around the world.

It truly was an amazing, book-filled day!

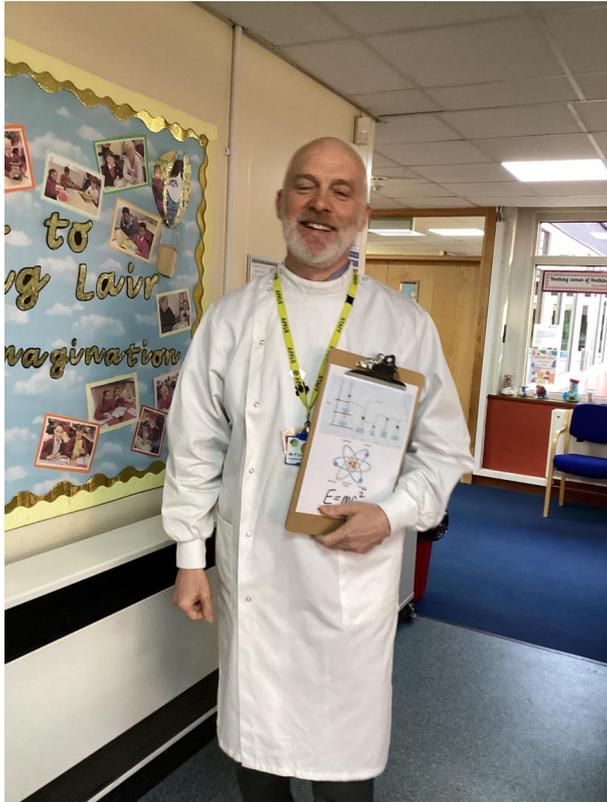
We would like to say a huge thank you to all our parents and carers for your fantastic costume inspiration and support. Your efforts helped make the day so special. Thank you also to our wonderful staff for marking the occasion with such joy and enthusiasm – as always.













## A message for Choir.

On the 25th of March we are taking our choir to the Albert Hall in Nottingham. It is going to be an amazing day! The children need to practise their singing at home. All the songs are here: [MAT concert 2026 - Keyworth Primary & Nursery School](#)

Also if any of the choir have not yet handed back their permission slip, we need them in ASAP. Thank you.

## Year 6 Leavers' Hoodies

Year 6 Leavers Hoodies are now available to order from the uniform shop on the Arbor parents Portal or APP. They will have the school logo on the front and all the children's names on the back.

Sizes available and costs are:

11-12 yrs (32") – £19

13 yrs (34") – £19

Small Adult (26") – £22

Medium Adult (40") – £22

Large Adult (44") -£22

The Hoodies will be printed in one batch, therefore all orders must be placed by **Monday 23rd March**.

**We will not be able to take orders after this date**, the children will be given their Hoodies at the end of SATs week.

## Juvenile Arthritis Day- Wednesday 18th of March

Before Christmas, we shared information about Alfie in Year 4, who received a bravery award in recognition of the hospital treatment he has undergone following his diagnosis of Juvenile Arthritis.

**Wednesday 18th March** is Juvenile Arthritis Awareness Day. This year, instead of raising money for Comic Relief, we would like to raise funds for the charity that directly supports Alfie and his family.

Alfie is passionate about sport and wants to show that, even when you face challenges, you can still take part in the activities you love. On Wednesday 18th March, we invite all pupils to come to school dressed in football or the colour blue (this is the charity awareness colour). During the day, the children will take part in a special assembly delivered by a member of

the Paediatric Rheumatology Team, and each class will participate in a football session led by Alfie and his football coaches.

We kindly ask that children bring a donation (suggested £2) for Paediatric Rheumatology Team on the day. There will also be various activities and refreshments available to purchase at the bandstand at the end of the day. Thank you, as always, for your generosity and support of this very worthwhile cause.

Alfie also has a just giving page if you feel you would like to further support this amazing charity. [Be Brave Like Alfie- Just Giving!](#)



## Trial Changes to the School Day Timetable.

In response to feedback and ongoing reflection on how best to support pupils' focus, wellbeing and learning time, we have restructured the afternoon break arrangements.

The changes are as follows:

- Morning break will now run from **10:45am – 11:05am** (extended to 20 minutes).
- Lunch will move slightly to **12:10pm – 1:10pm**.
- The previous 10-minute afternoon break will be replaced with a **5-minute regulation break**, which will take place in the classroom at the teacher's discretion, at a point when the class most needs it.

On PE days, this adjustment allows PE sessions to be extended by five minutes. The regulation break will be incorporated within this time, ensuring pupils continue to benefit from movement while maximising curriculum time.

We have now been running this new arrangement for a couple of weeks and have already seen a positive impact across school. We will continue to monitor and review.

## Understanding our Feelings



This year, one of our whole-school priorities is helping children to better understand and manage their feelings through the *Zones of Regulation* (the children call this 'understanding our feelings'). Across the school, we have been teaching pupils to recognise which "zone" they are in — whether they are feeling calm and ready to learn, worried or unsettled, silly and excited, or angry and overwhelmed. By building this awareness, children are learning that all feelings are valid, but that some feelings require strategies to help us regulate. Staff have been working with whole classes as well as supporting individuals to practise identifying their emotions and choosing appropriate tools and strategies to help themselves return to a ready-to-learn state. We are already seeing a positive impact, with many children becoming more confident in articulating how they feel and what they need. Developing emotional awareness and self-regulation will continue to be a key focus for our school throughout the year ahead.

## Here is an update from the Friends of KPNS:



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- 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](#) , [Nottingham Panthers Vs Cardiff Devils - Keyworth Primary & Nursery School](#) and [Nottingham Panthers Vs Fife Flyers - Keyworth Primary & Nursery School](#)
- Don't forget to book your Mother's Day Breakfast on Arbor no later than Wednesday 11th March.



## Safeguarding Tips for Parents

### Safeguarding Tips for Parents and Carers

#### ***Online Trends and Staying Safe: “Red vs Blue”***

You may have seen media coverage about a so-called “red vs blue” trend circulating on social media. This has appeared mainly in short videos, memes and coded messages designed to provoke reactions and encourage peer pressure or disruptive behaviour, which has caused concern in some schools across the country. What we know:

This is not an organised group or a coordinated threat. It is best understood as a viral online trend that has spread quickly because of dramatic labels and social media amplification. There is no evidence of a concern in our school, although we are aware that some children may be talking about it. Social media, WhatsApp messages and playground gossip can sometimes exaggerate worries, even when there is no real risk. In school, we are talking with children about safe internet use, critical thinking and respectful behaviour, and we continue to monitor the situation. How parents can help:

- Talk calmly with your child about what they see online.
- Check privacy settings and consider age-appropriate limits on apps and devices.
- Encourage children to tell you — or a member of staff — if anything online makes them feel uneasy.

Our priority is your child’s safety and wellbeing. We will continue to monitor the situation and share factual updates if needed. For parents who would like wider context, a recent BBC News article explains how this trend has affected some secondary schools in different parts of the country. [BBC NEWS](#)

## Family Hub Highlights for Local Families

### Family Hub Support for Keyworth Families

#### **From 5 March 2026**

The Rushcliffe Family Hub offers free, confidential support for parents and carers. You do not need a referral, and support is available early — whether you have a quick question or would benefit from ongoing help.

Below is a summary of support available from **5 March 2026 onwards**, with local options highlighted first.

#### **1. Available in Keyworth**

##### **Baby Self-Weigh – Keyworth Health Centre**

## **Monday 9 March**

**1.30–2.30pm**

Drop-in session.

A relaxed opportunity to check your baby's weight and ask questions.

### **2. General Support for Families**

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

- Child development and communication
- Emotional wellbeing
- Behaviour and routines
- Feeding, weaning and fussy eating
- Building parental confidence
- Parenting programmes and targeted support

Families can contact the team directly, walk into a Family Hub building, or complete an online service request form.

### **3. Support Available Near Keyworth (Accessible by Car)**

**Under 5s Stay & Play – East Leake** (*term time only*)

**Tuesdays**

**9.45–11.00am**

Lantern Lane School, East Leake (LE12 6QN)

No booking required (maximum room capacity applies).

**Under 5s Stay & Play – Bingham Family Hub**

**Thursday 12 March**

**Thursday 26 March**

**10.00–11.30am**

Fortnightly, term time only.

**Under 1s Group – Bingham Family Hub**

**Weekly**

**10.00–11.30am**

Term time only.

### **B.A.B.E.S Breastfeeding Support**

- **Bingham Family Hub** – Thursday **19 March**, 10.00–11.00am
- **East Leake Health Centre** – Fridays **13 March** and **27 March**, 10.00–11.00am
- **West Bridgford Young People’s Centre** – weekly sessions continue

### **Early Years Drop-In – East Leake Library**

**Monday 9 March**

**2.30–3.30pm**

No appointment needed. **Contact the Rushcliffe Family Hub**

 **0115 977 3749**

 **FHRushcliffe@nottsc.gov.uk**

 <https://www.nottinghamshire.gov.uk/care/family-hub-networks>

 Search **Family Hub Network – Rushcliffe** on Facebook

## **Dates for your Diary**



**Thursday 5th March-** World Book Day!

**Monday 9th of March-** Science Week!

**Tuesday 10th March-** Year 1 trip to Manor Farm

**Thursday 12th March-** Mothers' Day Morning. Book on Arbor.

**Monday 16th March-** Year 1 Phonics Screen Check Meeting. 3:30 in Year 1 classroom.

**Tuesday 17th March**- Year 4 Dentist Visitor

**Tuesday 17th March**- Year 6 SATs Meeting. 3:30 in Year 6 classroom.

**Wednesday 18th March**- Juvenile Arthritis Day.

**Thursday 19th -Friday 20th March**- Year 3 Residential to Beaumanor Hall

**Friday 20th March**- Year 5 Partake Tudor Day.

**Monday 23rd March**- Year 6 Junior STEM Day.

**Monday 23rd March**- Year 2 Victorian Day.

**Monday 23rd and Thursday 26th March**- Parents' Evening.

**Wednesday 25th March**- MAT Concert for choir.

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.***