

Dragon's Roar- Nov- 28/11/26

Dear Parents and Carers,

Welcome to this latest edition of **Dragon's Roar!**

It has been wonderful to see so much happening across school over the past few weeks. From raising awareness and celebrating **Children in Need** and **Anti-Bullying Week**, to the many extracurricular opportunities our children have been enjoying, there is plenty to celebrate. It has also been fantastic to see an increasing number of children joining us for morning reading lair . The benefits of developing a love of reading are immeasurable, and it is lovely to see so many children making the most of this opportunity.

As we head into what is undoubtedly one of the busiest and most exciting times of the school year, please take the time to read this edition of Dragon's Roar carefully. It contains

lots of important information about our upcoming Christmas events, arrangements and activities, and we want to make sure everyone is fully informed.

Thank you, as always, for your continued support. We are looking forward to a magical few weeks at Keyworth!

Best wishes,

Mrs King

In this week's edition...

- Children in Need
- Anti-Bullying Week
- Pre-Christmas Clear out
- Celebrating our Sporting Stars!
- Christmas- Everything you need to know.
- Update from the Friends of KPNS.
- Safeguarding tips for parents.
- Family Hub Highlights for Local Families
- Dates for your diary!

The Keyworth Code









Children in Need 2026- A Huge Thank YOU!

A huge thank you to everyone who supported our Children in Need celebrations! Together, we raised an amazing **£130.25**, which will go towards supporting some fantastic causes.

The children thoroughly enjoyed learning the Strictly-inspired dance routine throughout the week, building up to our whole-school performance on Friday. It was wonderful to see all

167 of us come together in assembly to perform our routine – there was plenty of enthusiasm, energy and some fantastic dancing!

We've included a few photographs of the children in action and hope to share a video of our performance with you very soon.

Thank you once again for your generosity and support!









Anti-Bullying Week-Break the Silence.

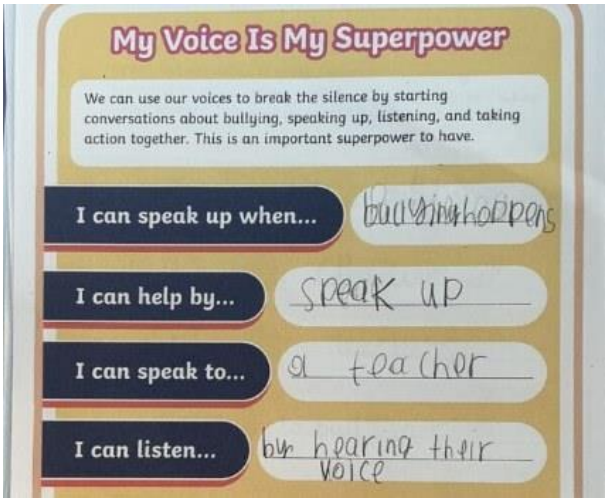
Last week, we celebrated **Anti-Bullying Week 2026** across school, joining schools nationally in this year's theme, *'Break the Silence'*. Through assemblies and classroom activities, the

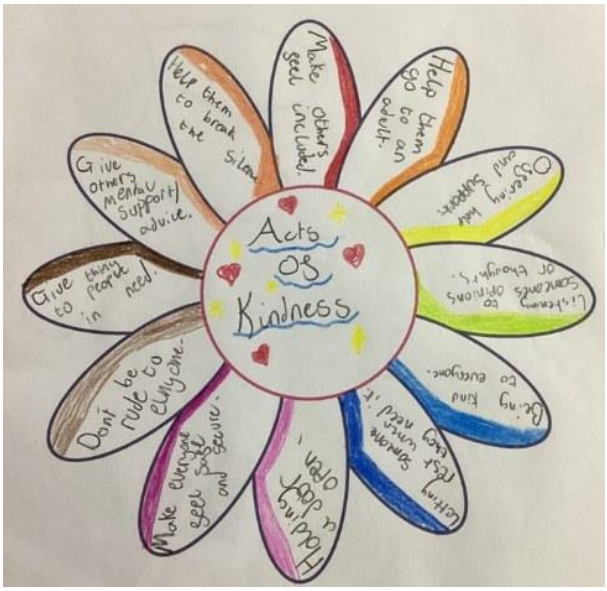
children explored the importance of speaking up, listening to others and taking action when something isn't right.

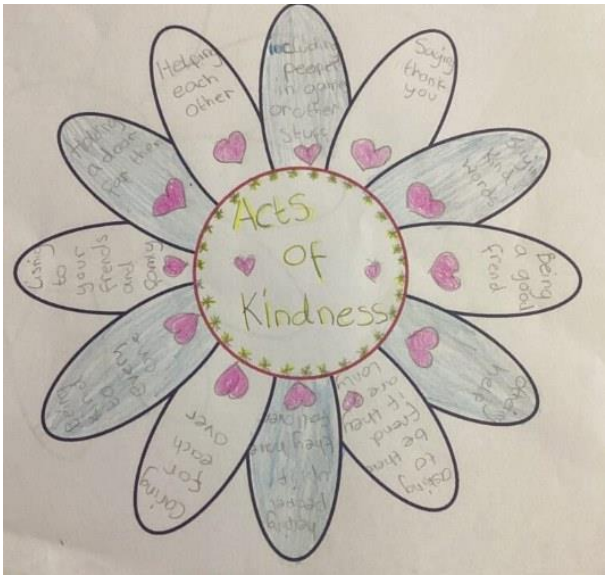
In **EYFS** and **Key Stage 1**, we focused on recognising what bullying might look like, understanding what bullying is – and what it isn't – and developing the confidence to communicate when something is worrying us. We teach all our children some simple but important phrases to help them express themselves, including **"Can I have a word, please?"** and **"Stop, I don't like that."** These give children practical ways to seek help, communicate their feelings and establish boundaries.

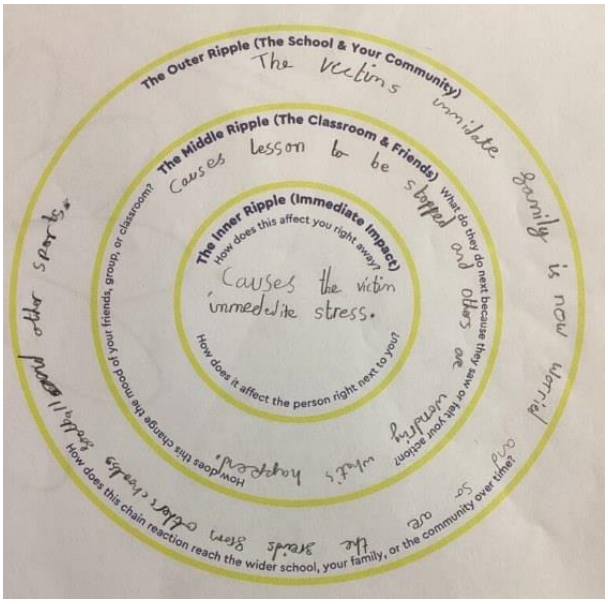
In **Key Stage 2**, we explored the word *bystander* and what it means to witness bullying or unkind behaviour. The children considered how bystanders can make a difference through the choices they make: refusing to join in, supporting someone who is being targeted and speaking to a trusted adult. We discussed how staying silent can sometimes allow bullying to continue, and how even small acts of kindness and courage can make a real difference.

Our message to all children is simple: **if something doesn't feel right, speak out. If you see something happening, don't simply stand by.** There is always someone in school ready to listen, help and take concerns seriously.




Acts of Kindness
Make others feel included.
Help them go to an adult.
Offering help and support.
Listening to opinions comments or thoughts.
Being kind to everyone.
Helping someone that's been left out.
Make everyone feel safe and secure.
Don't be rude to anyone.
Give things people to in need.
Give others mental support/ advice.
Help them to break the silence.


Acts of Kindness
Helping each other
Including people in games or other stuff
Saying thank you
Being a good friend


The Outer Ripple (The School & Your Community)
The victims invisible family is now hurtful
The Middle Ripple (The Classroom & Friends)
Causes lesson to be stopped and others are worry what do they do next because they saw or felt your actions
The Inner Ripple (Immediate Impact)
How does this affect you right away?
Causes the victim immediate stress.
How does it affect the person right next to you?
How does this change the mood of your friends, group, or classroom?
How does this chain reaction reach the wider school, your family, or the community over time?

Pre-Christmas Clear Out.

As you start having a pre-Christmas clear out, please do think of KPNS! We would be very grateful for donations of any **good-quality books** that your family may have outgrown or no longer need.

We are particularly looking to expand our non-fiction selection in school, so books about **music, sport, history, science, nature and the Guinness World Records** would be especially welcome. Collections such as *Horrible Histories* would also be fantastic additions to our library.

If you have any books in good condition that you think our children would enjoy discovering, we would love to give them a new home and a new audience of enthusiastic readers!

Mrs Wiles has also got a playground wish list if you have anything at home you'd be happy to donate. Thank you in advance.



🏆 Celebrating Our Sporting Stars!

At KPNS, we love celebrating our children's achievements both in and out of school, and this week we have some fantastic sporting successes to share!

A huge well done to one of our **Year 5 boys**, who made his debut for his ice hockey team, scoring an incredible two goals and coming away with the **Most Valuable Player (MVP)** award!

We are also celebrating one of our **Year 3 girls**, whose dedication to gymnastics has really paid off. She performed brilliantly in her most recent competition, showing just how far hard work, determination and resilience can take you.

Finally, two of our boys proudly represented KPNS at a basketball match at East Leake Academy. From a number of players, both boys were selected to receive **MVP awards** in recognition of their fantastic contributions to the team and their individual performances.

We are incredibly proud of all of you! Keep working hard, enjoying your sports and shining brightly. Well done, everyone! 💪




5th
Quatro
NCGA


MARK WATERS
MARK WATERS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Christmas- Everything you need to know!



There's lots to look forward to this December! Please pop the following dates in your diary:

Friday 27th November – Christmas Performance Costumes

Please ensure that all costumes are in school by today, in a named plastic bag. Take a look at the attached image to see what your child will be wearing for their Christmas performance.

Friday 4th December – Christmas Fair (3:30–5:30pm)

Join us for our Christmas Fair! Don't forget to book your tickets to see Santa via Arbor. Children can come to school in non-uniform and bring a contribution for our **chocolate tombola**.

Saturday 5th December – Keyworth Festivities Day

Our school choir will be spreading some Christmas cheer with a performance at **2pm in the Village Hall**. Our wonderful Friends of KPNS will be selling mulled wine and other treats nearby on the day.

Tuesday 8th December – Morning Christmas Performance (9:30am)

We look forward to welcoming families to our morning performance. Tickets are available to purchase via Arbor.

Wednesday 9th December – Christmas Performances

We have two opportunities to enjoy our Christmas celebrations:

- Afternoon performance – 2pm
- Evening performance – 6pm

Tickets for both performances are available via Arbor.

Friday 11th December – Christmas Jumper and Christmas Dinner Day!

A whole-school festive favourite! Children can wear their Christmas jumpers and enjoy a delicious Christmas dinner together. Christmas Dinner Friday 11th December 2026 - Keyworth Primary & Nursery School

Tuesday 15th December – Whole-School Pantomime Trip

A special festive treat! Children from F2 to Year 6 will be heading out together to enjoy this year's pantomime. See blog here: [School Trip to the Panto! - Keyworth Primary & Nursery School]

We are looking forward to a wonderful festive few weeks filled with Christmas cheer, laughter and lots of special memories! 🎅🎄



Here is an update from the Friends of KPNS:



We have a couple of BIG events coming up:

- **Friday 4th of December** is our Christmas Fair- more information coming out soon. On Friday 4th the children are also invited to come in non uniform and bring a donation for the chocolate tombola.
- **Saturday 5th of December** we will be supporting at the Keyworth Festivities Day! Our beautiful school choir will also be singing!

- 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]
SHARE THIS LINK AROUND YOUR FRIENDS AND FAMILY. ;-)



Safeguarding Tips for Parents

Age Appropriate Gaming.

With GTA 6 attracting significant attention, we know that video games may feature on many children's Christmas wish lists. However, we would like to remind families about the importance of age-appropriate gaming and the potential impact of exposing children to adult content. GTA 6 carries a **PEGI 18 rating**, meaning it is intended for adults and is not suitable for primary-aged children. The game includes graphic violence, sexual content, drug use, strong language and criminal activity.

Why does age matter? Understanding the developing brain:

Childhood is a crucial period of brain development. Children's brains are still developing the skills needed to:

- Manage emotions, frustration and impulses.

- Understand right from wrong and recognise consequences.
- Develop empathy and understand how their actions affect others.
- Recognise healthy relationships, respect and appropriate boundaries.
- Distinguish between fantasy, entertainment and real-life behaviour.

The areas of the brain responsible for decision-making, self-control and emotional regulation continue developing throughout childhood and adolescence. Children are therefore more vulnerable to content they may not yet have the maturity or experience to understand.

What are the possible consequences of exposure to adult content?

Research into children's development and media exposure highlights several potential concerns:

- **Normalising violence:** Repeated exposure can make aggressive behaviour appear more acceptable or ordinary.
- **Desensitisation:** Children may become less emotionally responsive to violence and the suffering of others.
- **Emotional wellbeing:** Graphic or disturbing content can contribute to anxiety, fear, confusion and nightmares.
- **Relationships and respect:** Exposure to inappropriate behaviour can create unhealthy or unrealistic expectations about relationships, consent and respect.
- **Behaviour and language:** Children may imitate aggressive language, attitudes or behaviours they regularly see.
- **Sleep and concentration:** Highly stimulating gaming, particularly late at night, can disrupt sleep and affect concentration and emotional regulation.

What can parents do?

We encourage families to:

- Check PEGI age ratings before purchasing or allowing access to games.
- Remember that watching gameplay online can expose children to the same inappropriate content.
- Take an interest in what children are playing and watching.
- Use parental controls and establish clear boundaries.
- Encourage a healthy balance of gaming, reading, outdoor play, family time and sleep.

- Ensure children are not exposed to what adults in the house are watching or playing.

Family Hub Highlights for Local Families

Rushcliffe Family Hub – Free Activities, Advice and Support for Your Family

With Christmas approaching, we thought it would be useful to remind families about the wide range of **free activities, advice and practical support available through the Rushcliffe Family Hub**.

Whether you're expecting a baby, have younger children at home, would like to meet other parents or would appreciate some support with your school-age child, there may be services available that you weren't aware of.

Did you know the Family Hub can help with all of this?

- **Babies and new parents** – preparing for a baby, breastfeeding support, baby massage, baby self-weigh, weaning and feeding.
- **Sleep, behaviour and routines** – sleep clinics, parenting programmes and behaviour workshops.
- **Emotional wellbeing** – support for both parents and children.
- **Children's development** – including listening, communication, play and understanding your child's needs.
- **Parenting and family life** – one-to-one family support, parenting confidence and help with everyday challenges.
- **Financial pressures** – access to financial advice, support with getting back into work and help finding other services.
- **Meeting other families** – free play sessions, Under 1s groups and opportunities to meet other parents and carers.
- **Additional and specialist support** – including domestic abuse support and help accessing SEND and other specialist services.

Christmas can be an enjoyable time for families, but it can also bring additional expenses, changes to routines and other pressures. If you would appreciate some advice or support, it's worth exploring what the Family Hub can offer.

📍 **Coming up in Keyworth**

The next **Family Hub Drop-In and Baby Self-Weigh** takes place on:

- **Monday 14 December**
- **1.30–2.30pm**
- **Keyworth Health Centre, NG12 5JU**

As well as using the baby self-weigh facilities, parents and carers can speak to Family Hub staff about other aspects of family life and the support available.

If you would like to speak to someone sooner, Bingham Family Hub offers drop-in sessions from **9.30am to 3.30pm, Monday to Friday**, under the current timetable.

🧸 Free activities and groups nearby

There are regular free term-time activities and sessions across Rushcliffe, including:

- Under 5s Stay & Play sessions in Bingham, East Leake and West Bridgford.
- Under 1s groups at Bingham Family Hub.
- B.A.B.E.S breastfeeding support groups in Bingham, East Leake and West Bridgford.
- Crafts and Family Hub drop-ins at Cotgrave Library.
- Baby self-weigh and Family Hub drop-ins at several local venues.

The current timetable runs until **Friday 18 December**.

View the November–December Family Hub timetable for exact locations, dates and times

It's also worth keeping an eye on the Family Hub's Facebook page for announcements about any additional activities and support during the Christmas holidays.

🔎 Find out more or ask for support

We would particularly encourage parents and carers who haven't previously used the Family Hub to spend a few minutes exploring the information below. You may discover a free activity, parenting course or support service that you didn't know existed.

- **Rushcliffe Family Hub, Bingham – Your Notts Directory**
- **Nottinghamshire Family Hub Networks**

Contact: 0115 977 3749

Email: FHRushcliffe@nottscc.gov.uk

You can also follow **Family Hub Network – Rushcliffe on Facebook** for the latest activities, announcements and timetable updates.

You don't need to wait until a problem becomes serious or be referred by school. Parents and carers can contact the Family Hub directly. Sometimes a little advice or reassurance is all that's needed, while other families may benefit from more regular support.

Please check session details before travelling, as activities can occasionally change.

Dates for your Diary



Monday 30th November- Year 6 Class Assembly at 3pm

Wednesday 2nd December- EYFS Story Cafe

Friday 4th December- Christmas Fair 3:30- 5:30pm

Saturday 5th December- Keyworth Festivities Day (Choir singing)

Tuesday 8th December- Morning Christmas Performance (9:30am)

Wednesday 9th December- Afternoon (2pm) and Evening (6pm) Christmas Performances.

Friday 11th December- Whole School Christmas jumper and dinner day!

Tuesday 15th December- Whole School Trip to the Panto!

Friday 18th December- Last day of Term.

Monday 4th January- ALL children back in school.

Please note: Mrs King and Mrs Buttery have tried to populate the school website for all main school events this year including shows, parents' evenings, trips, events etc. You can see them all here: Calendar of Events - Keyworth Primary & Nursery 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 2026-27 academic year are now on the school calendar and can also be found in the School Holiday section on the website. Please note children are expected back in school on WEDNESDAY 2nd of SEPTEMBER.