



KILLIGREW NEWS

9th February 2024

Dear Parents/Carers,

I look forward to seeing you at one of the parent teacher consultation meetings next week. Please check your appointment day and time carefully so that you know whether to come to school for a face-to-face meeting or log on for a virtual appointment.

Don't forget that all after school clubs (other than Clubkidz childcare) are closed this week and resume straight after the half term holiday.

Kindest regards,

T. Mylotte
Head teacher

Attendance

Great attendance for Toucans last week! We aim for all children to have above 96% attendance so well done to all the highlighted classes.

Toucans	98.0%
Eagles	97.5%
Hummingbirds	96.8%
Macaws	96.5%
Bluejays	96.3%
Puffins	95.0%
Nightingales	94.8%
Peacocks	94.7%
Kingfishers	93.6%
Firecrests	92.7%
Skylarks	92.7%
Parakeets	91.4%
Pelicans	90.7%
Cardinals	89.3%
Goldfinches	87.9%

We have had a few challenges with attendance this half term as we have had lots of illnesses. At the beginning of this term, our attendance was much higher than the national picture but now it has declined.

Missing school has a huge impact on how well a child gets on. The more school a child misses, the harder it is for them to get into a routine of attending regularly and catch up on the work they have missed.

Where individual children have attendance below 90%, they are deemed to be 'persistently absent' from school. Your child's class teacher will share your child's current attendance percentage with you at the parent teacher consultation meetings next week.

Jack is a child who attends school 90% of the time. His parents think this is quite good. 90% attendance is the same as being absent from school for half a day every week.



Over a whole school year Jack would miss four weeks of lessons. If Jack's attendance for all the years he went to school was 90% he would have missed 209 days of school-that's more than a whole school year!

If children are tired, have a mild cough or cold they should come to school. They should not come to school if they have a high temperature or until 48 hours after the last bout of sickness or diarrhoea. We will always contact you if your child is too unwell to be at school.

As you are aware, we do not authorise term time holidays. If children are off for the week before or after half term or any other holiday, we will need some form of medical evidence to authorise absence for illness. This does not need to be a doctor's note but could be a copy of a prescription or a medical appointment card.

Year 6

A plea to Year 6 parents - please check your child has plenty of blue handwriting pens in their pencil case. Thank you!

Childhood Illnesses

We now have whooping cough and chickenpox in school. Here are links to further information.

<https://www.nhs.uk/conditions/whooping-cough/>

<https://www.nhs.uk/conditions/chickenpox/>

Tottenham Hotspur FC Coaching Sessions

I am pleased to announce that throughout March, Tottenham Hotspur FC will be delivering weekly football sessions for each class from Y1 through to Y6.

This is an exciting opportunity for all children to have the chance to be trained by coaches linked to Tottenham for four sessions. Please look out for photos and updates on our school Instagram page.

(Miss Walsh)

Sports Kits

Please can you check to see if you have any Killigrew sports kits at home. We are missing many white football kits, red long-sleeved kits, black shorts and black socks. It is vital that these come back to school washed as soon as possible after your child's match. This is to ensure that we turn up to future events wearing safe, matching kit. Many thanks.

School Nursing Team Update

Healthy Packed Lunches and Snacks

A healthy nutritious lunch enables your child to be at their best and make the most out of their learning. But providing healthy lunches doesn't have to be time consuming or expensive. For example, try switching expensive crisps for carrot sticks, using left over food from dinner to make lunches for the next day or try

making pasta salads. Try to cut back on high sugar or high fat foods such as chocolate, crisps, sweets which will only give a short burst of energy and will not sustain your child throughout the remainder of the school day.

For more information and handy tips please see the websites below.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/>

Eatwell Guide: (Public Health England 2016)

Aim for at least 5 portions of fruit and vegetables a day- can be fresh frozen, dried or canned and eat a variety of different colours of fruit and vegetables each day. A portion of fruit juice or smoothie is 150 ml and only counts as 1 of your 5 a day. Limit fruit juice and smoothies to a combined total of 150 ml per day. A portion of dried fruit is 30g and can only count as 1 of your 5 a day.

Eat carbohydrates including potatoes, bread, rice and pasta. Choose wholegrain varieties, or keep the skins on potatoes for more fibre, vitamins and minerals. A cooked portion should be the size of the palm of your hand.

Eat some dairy or dairy alternatives each day. Choose lower fat options when possible. For products like yoghurt, check the label and go for ones lower in fat and sugars.

Eat some beans, pulses, fish, eggs, meat and other proteins every day. Eat at least 2 portions (2 x 140g) of fish each week, one of which is oily. Limit processed meats such as sausages, bacon and cured meats. If you eat more than 90g per day of red or processed meats, try to reduce the amount to no more than 70g per day.

Use oils and spreads sparingly and less often as they are high in fat. Choose

unsaturated oils. Cutting down on these types of foods could help to control your weight as they are high in calories.

Cakes, biscuits, chocolate, sweets, puddings, pasties, ice cream, jam, honey, crisps, sauces, butter, cream, mayonnaise are not required as part of a healthy, balanced diet. If included, they should only be consumed infrequently and in small amounts.

Check the label on packaged foods and choose foods lower in fat, salt and sugars.

Have 6-8 drinks a day. Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Sport Update

Football team in League B

Our League B football team has continued our winning streak post-Christmas and won both of our fixtures against Prae Wood. The first fixture was away and ended 1-4. Finn scored two, Evan one and Finlay picked up a goal and player of the match.



The home fixture mirrored this score with Kayden, Sammy, Evan and Theo all scoring a goal with Evan taking player of the match. We remain top of the league with three games to go! Well done to the

whole team and for showing great teamwork and taking turns to be our goalkeeper: Leo, Sammy, Evan, Finlay, Theo, Cameron, Michael, Finn and Kayden.

Football team in League H

Our League H team has had a busy half term playing four league games since Christmas. The children have shown great determination within our training sessions and came out with two wins and two draws. First up was our away fixture to Prae Wood which was a level game ending 3-3. We were determined to secure the three points in our home fixture and ended the game winning 4-1 with Clayton and Rio getting one goal each and Thomas getting two.

Our next fixture was away to Bowmansgreen who came back fighting for a goal. The score line ended as a draw with Lucas making sure of this with a flying kick goal line save on their last kick of the game! Last week, we ventured to Alban City in the gorgeous winter sun.



The score ended 3-0 with Rio scoring one and Clayton getting two. Leo was awarded player of the match. We are currently sitting top of the league with one game to go! Keep it up- Seeley, Lucas, Arthur, Archie, Leo, Rio, Edward, Thomas, Samuel, Theeran and Clayton.

Girls' Football

We have had two girls' football games this half term. This week, we played our second game against a very competitive and highly skilled Fleetville team. We knew going into this game that it was going to be a challenge, but we went in with great determination and used our skills from training to keep in our positions and work the ball round the whole team.

Unfortunately, due to late goals, Fleetville ended the game 6-0; a score line that doesn't reflect the game as noticed by the Fleetville coach. Well done to Daisy F for getting player of the match. Our next league game is on Monday 12th February against Garden Fields. Well done to Verity, Alivia, Emma, Lexi, Lilly, Daisy S, Daisy F and Keira.

Our second game was a friendly against Skyswood. This was a brilliant, well fought game and a first for many of our children! The score ended 2-2 with Lilly and Lexi scoring and Lilly being awarded player of the match. Well done to Lucy, Millie, Joni, Sophia, Lilly and Lexi.



Hertfordshire Primary School Cross Country Championship

On Saturday 3rd February, a group of Killigrew children headed to St Margaret's School in Bushey to take part in the cross-country championship. This is an annual event where schools across Hertfordshire compete in a 1600m running event. The course was on a hilly, muddy field with twists and turns through the woods. It

was a challenging course and a great way to spend a Saturday morning! Well done to Evan, Sammy, Isla-Rose and Lucy (Year 6) and Finn and Nishi (Year 5).



Is my child too ill for school?

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Free School Meals

If your circumstances have changed, you may be interested in the following information regarding free school meals for your child. [Free school meals](#)

Feedback Form

Please add any positive comments, concerns or suggestions:

<https://forms.office.com/Pages/ResponsePage.aspx?id=UKgBZMCcg0yzyPnqbCwRs9svUSsaXKhrJlIeIKv0S9UNURUFM2MTYzODILUEk5MVNMOVpCN0lWQy4u>

Name:

Child's Class:

Dates-Academic Year 2023-24

SPRING TERM 2024	
Date	Event
Wednesday 14 th February	Parents evening 3:30pm-6:30pm
Thursday 15 th February	Parents evening 3:30pm-6:30pm
Monday 19 th -Friday 23 rd February	Half term-school closed
Friday 1 st March	Secondary School allocation day
Thursday 7 th March	World Book Day (Dressing up)
Friday 8 th March	Eagles assembly (parents and grandparents welcome) PTA chocolate bar sale-more information to follow.
Monday 11 th March	PTA Year 2 Bake Sale
8 th -17 th March	British Science Week
Friday 15 th March	Red Nose Day Pelicans assembly (parents and grandparents welcome)
Friday 22 nd March	Mr Mitchell's music concert (pm) PTA non-uniform day (for Easter event)
25 th -27 th March (evening)TBC	Alban Arena Concert-choir & musicians
Wednesday 27 th March	PTA Easter event 3:15pm
Thursday 28 th March	Easter hat parade (children to bring a decorated hat to school) Non-uniform day for winning house (KS2) Last day of term-school finishes at 2:15pm/2:20pm
SUMMER TERM 2024	
Date	Event
Monday 15 th April	Summer term begins
Friday 19 th April 3.20pm-3.45pm	Book Look (parents welcome)
Wednesday 24 th April	School nurse visiting YR (health checks)
Friday 26 th April	Kingfishers assembly (parents and grandparents welcome)
Monday 29 th April	PTA YR Bake Sale
May TBC	Walk to School Week
Friday 3 rd May	Puffins assembly (parents and grandparents welcome)

Monday 6th May	Bank holiday-school closed
Friday 10 th May	Cardinals assembly (parents and grandparents welcome)
13 th -16 th May	KS2 SATs week
Friday 17 th May	National Numeracy Day
Friday 24 th May	KS2 sports day (parents and grandparents welcome)
Monday 27 th -Friday 31 st May	Half term-school closed
Monday 3rd June	INSET day
Monday 3 rd -Friday 14th June	Y4 multiplication table checks
Friday 7 th June 3.20pm-3.45pm	Book Look (parents welcome) Nightingales assembly (parents and grandparents welcome)
w.b. 10 th June	Y1 phonics screening check week
Monday 10th June	PTA Year 4 Bake Sale
Friday 14 th June	Skylarks assembly (parents and grandparents welcome)
Wednesday 26 th June	School photographer-class photos
24 th June-5 th July TBC	National Fieldwork fortnight
Monday 8th July	PTA Year 5 Bake Sale
Tuesday 9 th July 9:00am	Y6 play (parents and grandparents welcome)
Wednesday 10 th July 9:00am	Y6 play (parents and grandparents welcome)
Thursday 11 th July	Transition day-meet the new teacher
Friday 12 th July 9:00am	Infant sports Day Mr Mitchell's music assembly (pm) Annual school report sent home
Friday 19 th July 9:00am	Y6 leavers' assembly (parents and grandparents welcome) End of term for children-school finishes at 2:15pm/2:20pm Non-uniform day for winning house (KS2)
Monday 22 nd & Tuesday 23 rd July	INSET days-school closed

Term Dates 2024-25 (Next academic year)	
Monday 2 nd September 2024	INSET Day (school closed)
28th October 2024-1st November 2024	Half term holiday (school closed)
23rd December 2024-3rd January 2025	Christmas holiday (school closed)
17th February 2025-21st February 2025	Half term holiday (school closed)
7th April 2025-21st April 2025	Easter holiday (school closed)
26th May 2025-30th May 2025	Half term holiday (school closed)
24th July 2025-3rd September 2025	Summer holiday (school closed)

*Please note that we will add 4 **INSET days** and 1 **Occasional day** (when the school is closed) for 2024-25 later in the year.