





Dear Parents and Carers,

This week it has been Children's Mental Health week. At Knebworth, children have been talking about this year's theme of 'My Voice Matters' using a range of activities. Children have thoroughly enjoyed exploring this theme with their peers and their teachers with many meaningful conversations taking place such as being kind to ourselves and what this looks like. In Year 2, children talked about the theme and the things that matter to them. They drew these in a spiral starting with things at home and school and then things in our wider world. Please visit the web link to see a selection of carefully chosen books linked to supporting children with their mental health: https://www.hertfordshire.gov.uk/services/libraries-and-archives/news-and

<u>campaigns/readingwellforchildren?dm\_i=5ESZ%2CY7Q8%2C47KP0V%2C3ZG8D%2C1</u>. Thank you to Ms Salmon for organising this year's activities for the children.

Also this week, the children took part in activities as part of Safer Internet Day 2024. We remembered how to keep safe online, the importance of keeping our passwords to ourselves, what to do and who to speak to if we are worried about something online. As always children are reminded to talk to a trusted adult both at home or at school if they are worried about anything they see online. Thank you to Mrs Isaac-Romani for highlighting this important part of our Computing Curriculum.

This year's School Ambassadors and last year's Pupil Parliament embraced a chance to speak with and question Baroness Bull of The House of Lords. The questions the children asked were cleverly crafted to get lots of interesting information about her role and life as a Baroness and how she uses her expertise as a ballet dancer to help enhance the arts in Education. Violet enjoyed hearing about her experiences as a ballet dancer, Lily said "It was interesting to hear all about the different rules in the House of Lords" and Edward enjoyed all parts of the talk! Thank you to Ms Salmon for facilitating such an excellent learning experience for the children – they found it fascinating.





Last night, Miss Bains and Mrs Bickerdyke accompanied twelve children to the Take One Book Awards ceremony at The Broadway Theatre in Letchworth. This was a celebration of writing involving many schools across Stevenage and North Herts and all children who attended received a certificate and medal for their hard work and efforts. We are so pleased to announce that Knebworth were awarded three prizes at this ceremony! Emily in Nadal Class was crowned the Best Writer in the Year 1 category, Imogen in Turing Class was crowned the Best Writer in the Year 2 category and Matthew in Rosen class was crowned the Runner up in the Year 6 Best Writer category. Well done Emily, Imogen and Matthew, we are incredibly proud of you and your excellent creative writing.



Thank you to Alba in Turing Class for donating such a beautiful Birthday Book, we cannot wait to read it!

Lastly, we wish all our families who are celebrating a wonderful Lunar New Year this weekend.

Have a lovely, restful weekend everyone.

Kind Regards,

Deep Roots

Natasha Laskey, Sim Bains & Grace Maynard

## **Message from The FOKS Team**

MOTHERSDAY

STALL

WEDNESDAY 28TH

&THURSDAY 29TH FEBRUARY

#### Hi Everyone,

Thank you to everyone for getting involved and supporting our Crazy Hair Day today, it was brilliant to see all of your creations! If you didn't have change on you at drop off, you can donate here: <u>https://www.givey.com/fundraising202324</u>

On Monday we will launch our Ready Steady Read Sponsored read, raising money for new reading resources at school. Please find all of the information attached, via Dojo and on your year group WhatsApp groups.

On the 28th and 29th February we will hold our Mothers Day Stall, there will be a selection of lovely gifts to choose from.

And on 14th March we will hold our AGM:

Time: 8pm

Zoom ID: 764 3147 3615

Passcode: ZF8PB5

We have 2 new Co-chairs who are looking forward to taking the helm and will be nominated to take over.

Thank you

FOKS

## Diversity, Equality & Inclusion (DEI) Spotlight

#### Inclusive Books for Children

February is LGBTQ+ History month and this year's theme is medicine. We will be spotlighting significant individuals who have contributed to the medical field and continuing to discuss and share our No Outsiders ethos of *All Different All Welcome*. If you would like further information on this month please see the following website: <u>https://lgbtplushistorymonth.co.uk/lgbt-history-month-2024/</u>



Luisa and Violet have been so inspired by the *Little People, Big Dreams* series of books that they have created their own version of the book including Bruce Lee and Wilma Rudolph. They were able to articulate why they find them so inspiring and had spent a huge amount of time creating their book. Well done girls, we cannot wait to display this on our No Outsiders display!

# Healthy Eating Spotlight



A big thank you to Caroline Farrell (Registered Nutritionist) for providing our weekly healthy eating spotlights!

### Black Bean Chocolate Brownies

These brownies are rich in fibre and protein to keep you fuller for longer. They're also gluten, dairy and nut-free. Most importantly they are deliciously gooey and chocolatey! A perfect Valentine's Day treat  $\clubsuit$ .

#### Ingredients:

- 1 can black beans, drained and rinsed well
- 1 ripe banana
- 1/4 cup cocoa powder
- 1 tablespoon coconut oil
- 5 medjool dates
- 2 tablespoons maple syrup or honey
- 1 teaspoon vanilla essence
- 1 teaspoon baking powder
- Pinch of Salt

#### Method:

- Preheat the oven to 170°C Fan. Line a baking tray.
- Add all the ingredients to a food processor and process well until smooth then pour the batter into the lined tray. At this stage you can sprinkle with chopped nuts or chocolate chips if you wish.
- Bake for 20 25 minutes until the top is dry and the baking paper comes away easily from the sides. Leave to cool for 15 minutes in the tray before slicing. This step is important as otherwise they tend to break up.

# Attendance Cup

Congratulations to our winning class this week: Turing Class!

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Y1	Y1	Y2	Y2	Y3	Y3	Y4	Y4	Y5	Y5	Y6	Y6
Nadal	Thunberg	Johnson	Turing	Seacole	Nightingale	Bronte	Byron	Churchill	Pankhurst	Dahl	Rosen
97.7%	96.4%	95.2%	99.3%	94.4%	96.8%	95.5%	94.1%	95.9%	97.8%	95.5%	98.7%

### **Knebworth Silver Values Certificates**

Nursery Class	Chandi Class	Henson Class
Matthew	Jack & Stanley	Jackson & Georgie

Year 1: Lorelle & Skyler

Year 2: Hattie & Alban

### **House Points**





## **Top House Point earners this week**

Y1	Y1	Y2	Y2	Y3	Y3	Y4	Y4	Y5	Y5	Y6	Y6
Nadal	Thunberg	Johnson	Turing	Seacole	Nightingale	Bronte	Byron	Churchill	Pankhurst	Dahl	Rosen
Emmeline Owen	Evie	Isobella Reuben	Jacob	Kitty Lily	Luisa	Molly Amelia Chase Mia	Shakur	Zach	George S Jenny	Maddie	Daniel

## **Children's Achievements**



Isla and Imogen, among others from Turing class, have been busy over the past 18 months - getting up on Sunday mornings in rain or shine to run a 2km circuit in Stevenage.

We are pleased to announce that both Isla and Imogen have received their 'ultra marathon' wristbands to mark their completion of 50 Junior Park Runs, running over 100km in total! What an achievement, we are so, so proud of you!

Stevenage Junior Parkrun is a running event that takes place in Hampson Park in Stevenage at 9am every Sunday. The volunteer-led event is free to register and take part. All children 14 and under are welcome to take part, with parents also able to join and provide support. Please do pop along if you are interested.

### Key Dates for your Diary – Spring Term 2024

Details for upcoming events will be sent nearer the time where and when applicable

19 <sup>th</sup> February to 23 <sup>rd</sup> February	February Half Term & FOKS Sponsored Read & Young Bookworm Award
28 <sup>th</sup> & 29 <sup>th</sup> February	FOKS Mother's Day Stall
4 <sup>th</sup> March to 7 <sup>th</sup> March	Year 4 Cycling
<mark>6<sup>th</sup> March</mark>	Diversity Working Party Meeting – all parents are invited to attend
7 <sup>th</sup> March	World Book Day
14th March	Year 3 trip to St Albans Cathedral
14 <sup>th</sup> March	FOKS AGM
15 <sup>th</sup> March	Red Nose Day
26 <sup>th</sup> March 3:40 to 6:40pm	Spring Term Parents Evening Consultations – <i>children's books/learning will be available to view on this date.</i>
27 <sup>th</sup> March	Spring Term Parents Evening Consultations - children's books/learning will be
3:40 to 6:40pm	available to view on this date.
28 <sup>th</sup> March	End of Spring Term
	Nursery – 12pm
	Reception & KS1 – 1.10pm
	KS2 – 1.20pm

### New/amended dates are highlighted in yellow