

We seem to be racing very quickly towards the end of the half term (and the mid point of this school year!).

I have been so impressed by the way our children have responded to the Respect Code since its introduction in January. So many children have been to see me to tell me how many 'greens' they have on their individual record or that their parents have been contacted by the school to tell them they have achieved five greens already. This initiative was put in place to raise the profile of respect both in school and in our community and I am so pleased it is having the impact we are seeing. We have focused a lot on manners and taking the time to hold doors open for each other over the last few weeks. The focus will continue on this, but we will be adding in the expectation of respecting rules, even when no one is around. The aim of this is to enhance respecting what is being asked of each other. Whether this is always walking on the left hand side in the school corridors or waiting until the green crossing light is lit up when crossing the road, we want everyone to understand that respecting these rules helps to keep each other safe. Please continue to support this by modelling to your children the manners we want them to be using and by following the rules put in place. Talking to your child about these and drawing attention to this, will help to make this initiative a continued success.

A few weeks ago, I wrote asking that we are mindful of the tone and volume of voice used when talking to members of our school staff, particularly with Mrs Robinson and Mrs Nelson. I want to say thank you as there has been a marked difference and it is appreciated. We all understand that sometimes things may not work out as you, or we, would hope, but shouting or intimidating staff members will not help find a resolution. We will always do our best for you, so please continue to talk to us.

We have so many things to look forward to over both before and after half term. Please keep an eye out on the diary dates and school website for updates.

Best wishes
Mr Hope—Headteacher

Parent Governor Elections - closing date tomorrow!

Would you like to join the school governing team?!

A letter was emailed out to all parents on 27th January 2025 with all necessary information & forms .

The closing date for returning your completed nomination form is Friday 7th February.

Please email your completed nomination form to a.nelson@ksjprimaryschool.org marked FAO: Ann Westmoreland

The closing date for returning completed nomination forms is Friday 7th February.

School Debts

Please ensure you are clearing your school debts on ParentPay. School dinners should preferably be paid for in advance or at the end of each week.

Kids Club usage can be paid throughout the month however it must be cleared in full by the 10th of the following month.

If debts are not cleared, your child may be prevented from having a lunch or using Kids Club.

If you have any queries please do not hesitate in emailing Mrs Nelson (a.nelson@ksjprimaryschool.org)

Tennis Coaching



Last week we were very lucky to have a tennis coach from Knaresborough Tennis Club in school for the day. He worked with each class in turn and the children really enjoyed their sessions. It was so nice to hear the pupils speaking positively about engaging in tennis. There were many children who expressed their desire to take up the sport outside of school...maybe we will have a budding Wimbledon champion in our midst!

Knaresborough St John's Newsletter

TEL : 01423 863265

HEADTEACHER : MR A HOPE

EMAIL : admin@ksjprimaryschool.org

WEBSITE : www.ksjprimaryschool.org

Spring Term 1 Dates 2025

07-02 C2 C3 Trip to Askham Bryan Wildlife park

07-02 Walk to school day #2

07-02 Number Day 'Dress up for Digits!' for £1 donation for NSPCC

13-02 1400-1500pm EYFS Open afternoon

14-02 Young Voices at Sheffield Fly Arena

14-02 School closes normal time for half term break



24-02 School reopens normal time

26-02 Whole school Martial arts taster day (PE kits to be in school)

03 to 05-03 Library visits, times TBC

06-03 World Book Day!

10 & 11-03 Yr6 Bikeability Group 1

10-03 C4 trip to Murton Park

11-03 C5 trip to Murton Park

12-03 C6 trip to Murton Park

12 & 26-03 Yr6 Bikeability Group 3

17 & 18-03 Yr6 Bikeability Group 2

20-03 Whole school Grandparents morning:

C1 C2 C3 C4 0915-1015am

C5 C6 C7 C8 C9 1045-1145am

28-03 Walk to school day #3

01 to 03-04 Parents evenings. Info to follow

04-04 School closes normal time for Easter break

21-04 Easter Monday bank holiday

22-04 School reopens for Summer term

28-04 Class photographs

Walk to School Day—Friday, 7th Feb

Just to remind you all that it is WTS day. We have a special visitor to school that would love to see you all. We will also have giveaways for the children that have walked to school. Woohoo!

Netball Competition

21st Y3/4 competed against other local schools and we are happy to announce that St Johns came joint first. The children demonstrated amazing team work and respect to other children and staff. Well Done!

HOPE

1116

WISDOM

1198

PEACE

1457

TRUST

1529

Shrove Tuesday

Pancake day is Tuesday 4th March so get those ingredients out & make some yummy pancakes!



Pharmacy+Health

Dear Knaresborough St John's Church of England Primary School team, I'm reaching out from Pharmacy+Health - Knaresborough, your local community pharmacy, to share details about our NHS Pharmacy First Service, offering free appointment consultations and treatments for minor illnesses like sore throats, earaches, insect bites, impetigo, sinusitis, UTIs, and shingles.

This free NHS service can support staff, families, students, and carers by providing expert healthcare advice and treatment conveniently, without needing a GP appointment.

We also provide a range of other NHS services, including free contraception supply, free blood pressure checks, and free seasonal vaccinations, all available to your school community. We deliver all our NHS services in private consultation rooms with highly trained healthcare professionals in our pharmacy branch at no cost at all – at a convenient time for patients so they can get the treatment they need when they need it.

Thank you for helping us connect your community with this free, accessible service that's available at Pharmacy+Health which is less than a mile away from your school in Knaresborough.

Best regards,
Dina Assran
Community Engagement Manager
www.pharmacyplushealth.co.uk



Pharmacy+Health are offering readily available free and local healthcare for your family

Did you know that your local pharmacies provide FREE healthcare appointments for common conditions by our highly trained healthcare professionals?

Pharmacy+Health has 35 branch pharmacies across Yorkshire, including one right here in our community. The NHS Pharmacy First service, with accessible health appointments is designed so you and your family can get the treatment you need when you need it.

What is the NHS Pharmacy First Service?

The NHS Pharmacy First service is a free and accessible way to address common health concerns, without the need for a GP appointment. Trained healthcare professionals can offer advice and prescription treatments (where deemed necessary) for 7 common conditions.

You can call into any local pharmacy branch or visit www.pharmacyplushealth.co.uk to book an appointment for the health service you'd like to access. Same-day appointments at a time that suits you are often available.

Pharmacy First 7 Conditions Treated:

- **Urinary Tract Infections (UTIs):** For girls aged 16 and over.
- **Impetigo:** For anyone aged 1 year and older.
- **Shingles:** For adults aged 18 and above.
- **Sore Throat:** For children aged 5 and above, as well as adults.
- **Earache:** For children aged 1 to 17 years old.
- **Infected Insect Bites:** For anyone aged 1 year and older.
- **Sinusitis:** For anyone aged 12 years and older

Why Choose Pharmacy+Health?

- **Convenient Appointments:** Book online at a time that works for you.
- **Local Expertise:** Pharmacy First is provided by highly trained pharmacists commissioned by the NHS to serve their community.
- **Fast Support:** Help your busy GPs practice by using Pharmacy First for a range of common conditions and get the treatment you need when you need it.

Frequently Asked Questions:

Q: Do I need to book an appointment?

A: While walk-ins may be available, Pharmacy+Health recommend booking your free consultation online to secure a time that suits you.

Q: What happens during the appointment?

A: You'll meet with a pharmacist in a private consultation room, discuss your symptoms, and receive advice or treatment tailored to your needs.

Q: Is the service free?

A: Yes! The NHS Pharmacy First service is completely free for eligible patients.

Other services provided by local pharmacies:

NHS services such as NHS Blood Pressure service, NHS Contraceptive service, NHS flu and COVID-19 jabs (seasonal) are offered.

All pharmacies, including your local Pharmacy+Health branch are here to help!

NHS Pharmacy First Service

Book an appointment for:



**Infected
insect bite**



Sore throat



Ear pain



Sinusitis



Shingles



UTIs



Impetigo

Your pharmacist might recommend and supply an appropriate prescription medicine, without the need to get a prescription from your GP.



**Book online to be seen right
away in consultation rooms
pharmacyplushealth.co.uk**

FOKSJ's PTA presents...

PIG RACING



FRIDAY

28 FEBRUARY

6PM-8:30PM

FUN FOR ALL THE FAMILY!

**LICENSED BAR, TUCK SHOP,
AND HOT FOOD AVAILABLE
TO PRE-ORDER!**

£5 PER FAMILY

WWW.PTA-EVENTS.CO.UK/FOKSJ



Provided by



PIG RACING INFO...



**FIRST COME, FIRST SERVED
BE A QUICK LITTLE PIGGY**

SPONSOR THE RACE CARD - £50

Get your logo, website, and plenty of mentions throughout the night, plus a big round of applause at the start and end of the event.

Only 1 available!

SPONSOR A RACE FOR - £20

Individuals or businesses can name one of the first six races with their name and logo, receiving a special mention and applause before the race begins. *6 races available.*

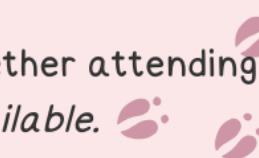


SPONSOR A PIG - £5

Everyone can join in by sponsoring a pig, whether attending or not. If your pig wins, you'll win a prize! *36 pigs available.*



**6 PIGS
7 RACES**



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7 RACES**



PIG RACING

You can purchase your tickets from www.pta-events.co.uk/foksj or complete the slip below and return with cash. Return slip and cash by 26th February.

Child Name _____

Class _____

Family Ticket (£5)

You can also pre-order food and tokens below or you can purchase them on the day

Pulled Pork sandwich (£5)

Veggie pulled pork (£5)

Hot Dog (£3.50)

Veggie Hot Dog (£3.50)

Sponsor a race £20

Sponsor a pig £5

Please send this slip and your money to school in an envelope marked 'Pig Racing'

I enclose £:

Ready, Set, HOP!

Get ready for an important mission this April, as schools across Yorkshire join forces to take part in the Heli Hop – A hop-tastic challenge that's all about fun, friendship, and fundraising for Yorkshire Air Ambulance!

What's the Buzz About?

The Heli Hop is no ordinary hop – it's your chance to hop, skip, and jump your way to supporting the incredible work of Yorkshire Air Ambulance. Imagine the thrill of soaring through the air, all while making a real difference in the lives of those who need it most.

Every hop brings us closer to reaching new heights in fundraising success!

Your Heli Hop Pack Awaits!

Every school hopping into the action will receive the following:

Helicopter Headbands: Transform into Heli Heroes with these customisable headbands.

Sponsorship Forms: Making collecting your fundraising a breeze, ensuring your mission stays organised and simple.

Completion Certificates: Celebrating each child's commitment to making a positive impact within their local community.

Pick Your Date, Choose Your Spot, Set Your Pace!

Flexibility is key! Pick any day in April to take off on your Heli Hop adventure. Whether it's in the school hall, playground, or sports field. Adapt the challenge to suit all ages by choosing any distance that feels just right for your crew of Heli Heroes!

Together, we'll turn your hops into hope and lift the Yorkshire Air Ambulance to the skies!

Hop high, lift Yorkshire Air Ambulance higher!

Together, your hops will help!



*This is subject to operational requirements and the landing site suitability. Should the land be deemed unsuitable or permission not granted a crew visit will be arranged for the winning school. Winner will be based on engagement with Yorkshire Air Ambulance between the 25.10.24 – 31.05.25. Visit will be arranged for a suitable date and time for both the school and Yorkshire Air Ambulance between 01.06.25 – 26.07.25.



This year, we are also offering **one** lucky school the opportunity to have a visit from one of the actual Yorkshire Air Ambulance helicopters and crew! Each school who hosts a Heli Hop and raises money for the Yorkshire Air Ambulance will be placed into a draw. The lucky school will win the chance for one of our helicopters to fly into your school and give the children opportunity to look round the helicopter and talk to our crew.*

To request your
heli hop pack,
please visit

<https://yaa.org.uk/event/yaa-heli-hop/>

Set up your own
online fundraising
page here





My story

Hiya, I'm Tettle, nice to meet you!

Thank you sooo much for sponsoring me - I can't wait to tell you about all my adventures at Dogs Trust Bridges!

I came to Dogs Trust when my owners couldn't afford my vet fees any more. You might have noticed from my photos that I only have three legs, and I'm deaf, so training looks a bit different for me. Luckily I'm a clever boy who will do anything for a treat, so I caught onto using hand signals for training pretty quickly! The first ones I learnt is that thumbs up means 'good boy' - and I sure do get a lot of thumbs up!

I love going on trips in the car and exploring new places, especially when I get to run super fast and dive into a particularly smelly patch of grass. Because of my white fur, I often come back from my walks a bit green and muddy, especially when my carers have just given me a bath before we went out! Gosh!

My lovely carers are helping me become more confident when I meet new dogs and people, but I've got a way to go yet. Thank you for joining me on my journey!

Much love,
Tettle xx

P.S. If you would like to write to Tettle or have my photo, please send them to the address below, and don't forget to include your name and return address!
The Sponsor Team, Dogs Trust, Clarissa Baldwin House, 17 Wakley Street, London, EC1V 7RQ. Telephone 020 7827 0006 Email sponsoradog@sponsoradog.org.uk
www.sponsoradog.org.uk

Free Parenting Clinic

with
Anisa Lewis
Positive Parenting

www.anisalewis.com



February

11th @ 12.30 pm

Screens

- Does your child resist turning off the TV, tablet, or games console?
- Do you dread the meltdowns when it's time to step away from a screen?
- Are you frustrated by endless arguments over screen time limits?
- Do you feel unsure about how much screen time is too much?

If any of these sound familiar, you're not alone. Join Anisa Lewis (Parenting Coach) for her monthly Free Parenting Clinic in February. This month, we'll tackle the challenges of screens and share practical tips to create healthier habits

FREE Parenting Clinics



www.anisalewis.com

To book visit: <https://anisalewis.as.me/theclinic>
or email: hello@anisalewis.com

January

14th, 12.30 pm

Confidence

February

11th, 12.30 pm

Screens

March

11th, 12.30 pm

February 2025

Newsletter

Thursday
20th Feb
19:00 - 20:00
FREE



Monday
3rd Feb
10:00 - 11:30
£24



Tuesday
11th Feb
19:00 - 20:30
£24



Tuesday
18th Feb
19:00 - 20:30
£24



Tuesday
25th Feb
19:00 - 20:30
£24



FREE SESSION

Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Facing Defiance

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am



A Mellor's school-trip packed lunch is **FREE** for anyone on a school trip that has Government funded lunches

A Mellor's school-trip packed lunch can also be provided to anyone who pays for a school dinner to save you the hassle!

Items from home can be added to or substituted

in the packed lunch to suit your child's tastes

(items in-line with general school packed lunch policies)

Mellor's can just provide the fresh items to add to your child's packed lunch on school trip days i.e. sandwich/fruit

SCHOOL-TRIP PACKED LUNCH

Sandwich

Roast ham, Cheddar cheese or Tuna mayonnaise

Cucumber/Veggie sticks

Piece of Fresh fruit

Homemade Cake/Biscuit

(water provided when school doesn't request personal water bottles)

All known allergens can be catered for as when the children are at school



KNARESBOROUGH TENNIS CLUB

**An inclusive tennis club based at
Knaresborough King James School**

**We offer coaching, social tennis, team
tennis and much more for a very affordable
membership price.**

**Coaching is available on Monday &
Thursday evenings and Saturday
afternoons for children aged 4+ through to
adults**



CONTACT US ➔

enquiries@ac-tenniscoaching.co.uk
www.knaresboroughtennis.org.uk