

THE WHITEKNIGHTS ARROW



24th October 2025—Issue No: 8

NEXT WEEK

**Monday,
3rd November**

INSET Day—School Closed for Pupils

**Tuesday,
4th November**

Staff and Pupils Return to School

**Wednesday,
5th November**

**Thursday,
6th November**

9:45am - Guided School tour for prospective families

**Friday,
7th November**

Remembrance Parade (Staff and Pupils Only)

**ON THE
MENU**

Available daily: Freshly Baked Bread, Jacket Potato with a Choice of Fillings, Salad Selection, Fresh Fruit, Yoghurt

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Macaroni Cheese with Garlic & Herb Bread

Sweet Potato & Chickpea Falafel in Pitta Bread with Rice

Carrots & Peas

Apple Crumble & Custard

Chicken Tikka Masala with Pilau Rice

Onion Bhaji with Red Bean Dhal & Pilau Rice

Sweetcorn & Carrots

Vanilla Cake & Custard

Pork Sausages with Mashed Potatoes & Onion Gravy

Vegetable Sausages with Mashed Potatoes & Onion Gravy

Glazed Carrots / Courgettes with Roast Tomatoes

Berry Swirl Sponge Cake & Custard

Beef Penne Pasta with Cheese

Tomato & Herb Penne Pasta with Cheesy Topping

Broccoli / Herb Roasted Butternut Squash

Strawberry Jelly with Fresh Fruit Slices

Battered Fish & Chips with Tomato Sauce

Cornish Style Vegetable Pasty with Chips & Tomato Sauce

Peas / Baked Beans

Lemon Sponge Cake

ATTENTION

NEW LUNCH MENU

Don't forget—after the half term break we have a new menu. Please ensure you check the meal options, before ordering.

CHALLENGE

WONDER

ASPIRE

GROWING



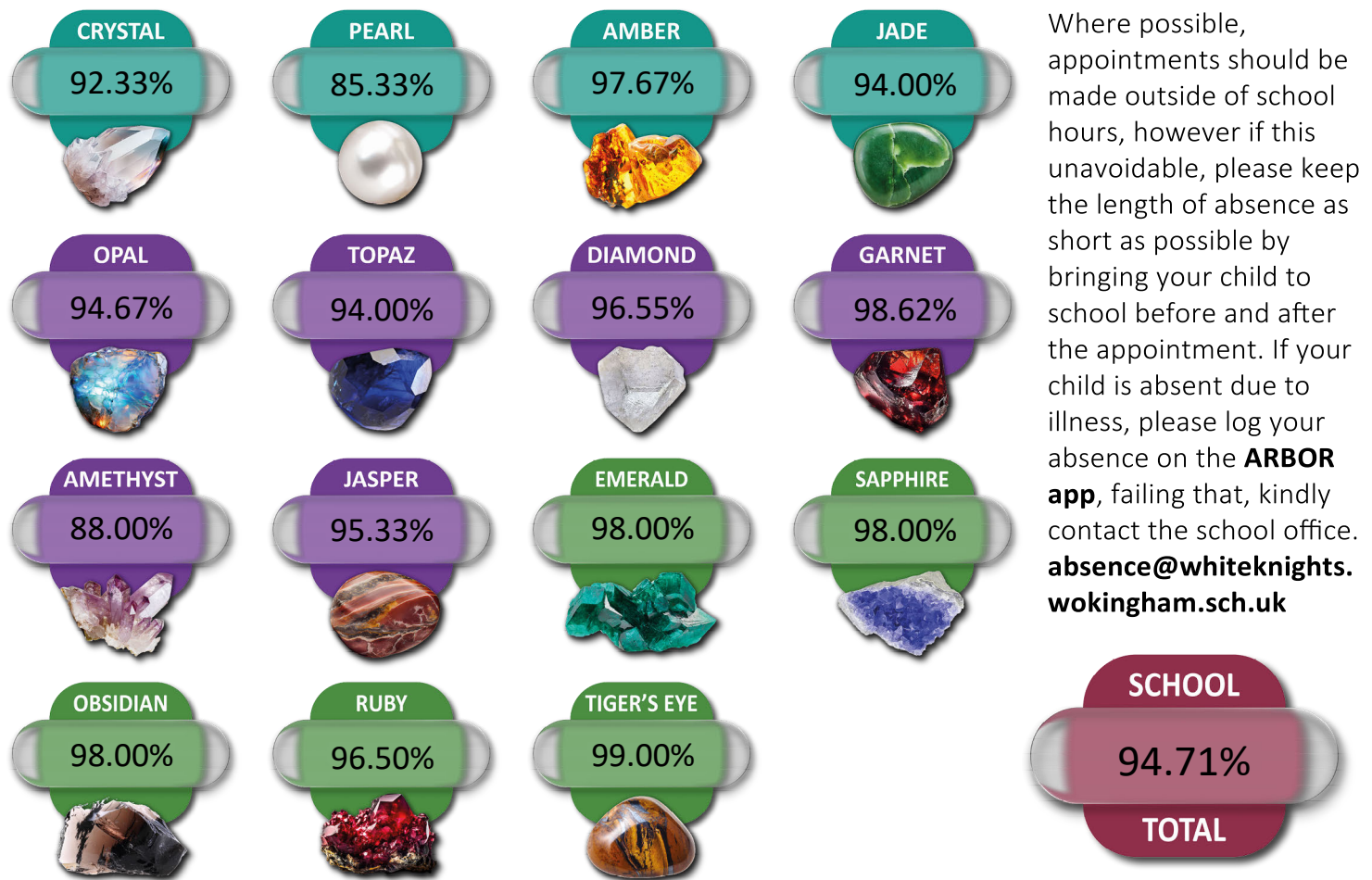
By embracing challenge, nurturing wonder and aspiring to new heights, we **"Grow in Greatness"**.

GREATNESS

ATTENDANCE MATTERS!

✓ EVERY CHILD
✓ IN SCHOOL

✓ ON TIME
✓ EVERY DAY



When you're not in school you miss out on...



Learning new skills



Good assessment results



Support and help



Time with friends



Best chance to succeed

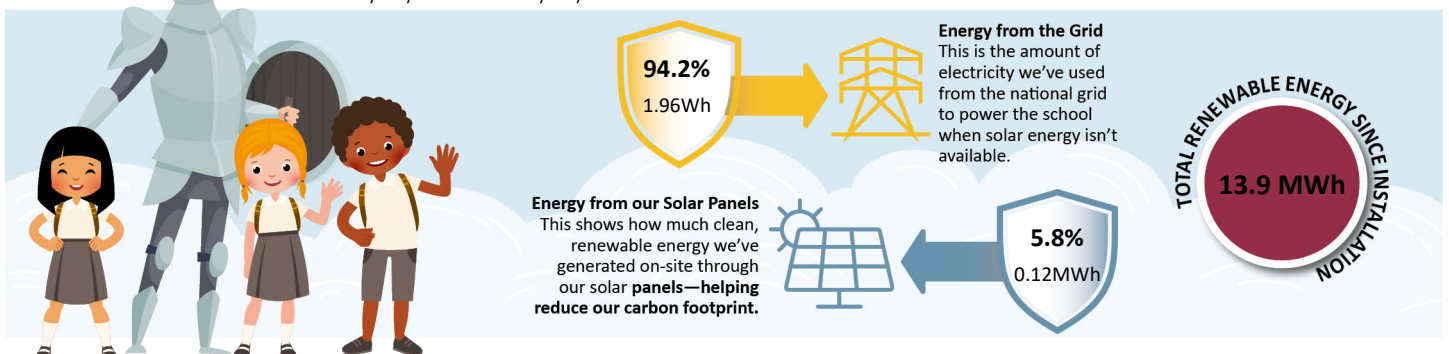


School activities



The Whitenights NET ZERO Quest

WEEK: 17/10/2025 TO 23/10/2025



NEW LUNCH MENU AFTER HALF TERM BREAK

4th November until 19th December 2025

Please click on the image to view a larger version. The menu is available to view, both on Arbor and on the school website.

What's on the menu?

HARRISON
FOOD WITH A TWIST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE
11.11.25 - 15.11.25

Margherita Cheese with Garlic & Herb Bread
Sweet Potato & Chickpea Fajita or Pita Bread with Pesto
Carrots & Peas
Apple Crumble & Custard

Onion Bhaji with Red Bean Chutney
Samosas & Caramel
Sausage & Caramel

Port Sausages with Roasted Potatoes & Onion Gravy
Vegetable Sausages with Roasted Potatoes & Onion Gravy
Glazed Carrots / Courgettes with Roast Potatoes
Baked Beef Sausage Cake & Caramel

Beef Pemmie Pasta with Cheese
Tomato & Herb Pemmie Pasta with Cheese Topping
Baked / Herb Roasted Butternut Squash
Strawberry Jelly with Fresh Fruit Slides

Battered Fish & Chips with Tomato Sauce
Cornish Style Vegetable Pasty with Chips & Tomato Sauce
Pear & Raisin Buns
Lemon Sponge Cake

WEEK TWO
18.11.25 - 22.11.25

Italian Style Tomato & Beef Pasty with Cheese
Pesto Pasta with Garlic & Herb Bread
Glazed Carrots / Green Beans
Marinated Sausage Cake & Caramel

Pork Pasty Sausage Roll with Potato Wedges
Quorn Pasty Sausage Roll with Potato Wedges
Bacon / Sweetcorn
Wholesome Lemon Shortbread with Fruit Wedges

Roast Gammon with Roast New Potatoes, Yorkshire Pudding & Gravy
Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy
Spiced Cauliflower / Peas
Carrot & Orange Cake with Custard

Collage Pie with Gravy
Vegetarian Collage Pie with Gravy
Vegetable Medley
Ice Cream with Fresh Fruit Slides

Chicken Nuggets & Chips with Tomato Sauce
Quorn Nuggets with Chips & Tomato Sauce
Pear & Raisin Buns
Apple Pudding with Custard

WEEK THREE
25.11.25 - 29.11.25

Margherita Pasta with Potato Wedges & Caramel
Cheese Fries with Potato Wedges & Caramel
Herb Roasted Butternut Squash / Peas
Pumpkin & Apple Sausage Cake with Custard

Chicken Burger with Mayonnaise in a Roll with Cucumber
Veggie Burger with Mayonnaise in a Roll with Cucumber
Kumquat & Carrot Sticks
Lemon Shortbread & Fresh Fruit Slides

Roast Turkey with Roast New Potatoes & Gravy
Vegetable Loaf with Roast New Potatoes & Gravy
Green Beans / Cauliflower
Chocolate Sponge Cake with Chocolate Sauce

Beef Lasagne with Roast New Potatoes
Vegetable Lasagne with Roast New Potatoes
Thyme Roasted Carrots / Savory Cabbage
Jelly with Fresh Fruit Slides

Fish Fingers with Chips & Tomato Sauce
Vegetable Fingers with Chips & Tomato Sauce
Pear & Raisin Buns
Pear & Chocolate Crumble with Custard

Available daily. Freshly Baked Bread, Jacket Potatoes with a Choice of Fillings, Cold Selection, Fresh Fruit, Traybrot

Look out for monthly themed ingredients

Please note: If you live in Reading Borough Council and intend to list Whiteknights Primary School as one of your preferred schools, you must click in the school list box and select 'Advance Search'. From the drop down menu, select 'Wokingham Borough Council' and then type in the full school name.

APPLICATIONS FOR RECEPTION SEPTEMBER 2026 INTAKE

Applications for the Reception intake for 2026-2027 will open in November for both Wokingham Borough Council and Reading Borough Council. The closing date for all applications is **15th January 2026**. You must apply for a school place through the school admissions team of the local authority where you (and your child) live, even if you intend to list preferred schools in other local authority areas.

Wokingham Borough Council applicants: You will find all of the information in the link below:

[Guide to Primary and Junior School Admissions for Entry in September 2026 Applications](#)

Open: 13th November 2025

Closing Date: 15th January 2026

Reading Borough Council applicants: You will find all the information in the link below:

[Applying for Infant, Primary and Junior School Places Applications](#)

Open: 3rd November 2025

Closing Date: 15th January 2026

National Offer Day is 16th April 2026. Emails and letters offering places will be sent out on this day. If you have questions, please feel free to ask Mrs Lynne Perry in the school office.

HEALTHY PACKED LUNCHES

Parents are reminded to supply healthy and nutritious packed meals for their child/ren.

We would like to draw your attention to our Food Policy (Point 6.0) regarding Lunch Boxes:

'BPET requests that parents do not include the following items in packed lunches:

- fizzy drinks/sugary drinks
- any food containing nuts

We would recommend that parents do not include the following items:

- sweets (including Winders), chocolate, etc.
- crisps or cakes high in salt, fat or sugar.

Parents are advised to include an ice pack in their child's lunch box. Food products, prepared and stored in ambient temperatures, after a period of between two to four hours, can have increased levels of bacteria in them, which may be harmful to children.'

Take a look at these healthy meal ideas (click to view a bigger version) Note: there are more handy tips and recipes on the NHS Healthier Families [website](#).



HEALTHY PACKED LUNCH IDEAS

Encourage your child to enjoy a variety of foods and benefit from a range of nutrients.

If you choose to provide a packed lunch for your child, it's worth following these tips to ensure you include the key nutrients needed to support your child's growth and learning.

What to include:

Fruits and Vegetables

How much?
At least 1 fruit and 1 vegetable in each lunchbox.

Examples:
Fresh fruit, tinned fruits (in juice not syrup), dried fruits, salad items and vegetables.
You could include vegetable crisps for dipping or add veggie to salads, pasta or rice dishes.

Why?
Fruit and vegetables are a good source of vitamins, minerals, fibre and anti-oxidants.

Tips:
Aim for a variety of colours. Not only will it make the lunchbox look more appealing but it also provides a variety of different vitamins and minerals.

Starchy Foods

How much?
Include at least 1 portion

Examples:
Sandwiches, pitta bread, wraps, pasta salad, potato salad, sweet potato wedges, rice dishes, cous cous, bread sticks, crackers, oat cakes, rice cakes.

Why?
These foods will provide energy, fuel for vital tissues and organs including the brain, fibre, B vitamins and other minerals.

Tips:
Try to include some wholegrain varieties from this food group each week such as brown, wholemeal, granary or 50/50 bread, wholemeal pasta or brown rice.

Beans, Pulses, Fish, Eggs, Meat and other Proteins

How much?
Include at least 1 portion in every lunchbox.

Examples:
Chicken, turkey, pork, beef, lamb, beans, fish, shellfish, lentils, chickpeas, pulses, soya products such as tofu, quorn, hummus.

Why?
These foods provide protein, iron and zinc.

Tips:
Try to include at least one portion of fish each week. Oily fish such as fresh, tinned or frozen salmon, sardines, pilchards, mackerel, herring, and fresh tuna may be beneficial for children's cognitive development. Try a salmon or mackerel pake as a dip or sandwich filler.

Dairy and Alternatives

How much?
Include at least 1 portion

Examples:
Carton of milk, cheese, yoghurts, custard, rice pudding, milk or yoghurt based smoothies, soya, oat milk

Why?
These foods provide calcium, B vitamins and protein.

Tips:
If your child is over 2yrs and growing well opt for semi-skimmed milk and low fat yoghurts and cheeses.

Drinks

How much?
Include a healthy drink daily.

Examples:
Milk and water are the only tooth friendly drinks for children and are the best options for your child's lunchbox.

Tips:
There's no need to spend money on exotic or colourful looking drinks. Tap water is free and one of the healthiest drinks you can offer your child. Fill a reusable bottle with fresh tap water.

AVOID including the following:

Foods high in fat, sugar or salt
Avoid including these foods in your child's lunchbox.

Examples:
Crisps, biscuits, cereal bars, chocolate, sweets and other confectionery, fried foods, takeaway or fast food meals, pastries, fizzy drinks or juice style drinks.

Why?
These foods are often known as empty calories because they provide energy but very few useful nutrients. These foods often contain lots of sugar, salt or saturated fat.

For more tips and recipes, visit-
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>



BRIGADE CLOTHING SPECIAL OFFER!

Halloween Weekend = Spooktacular Savings!

Take 10% off everything with code: PUMPKIN10

Valid from 31st Oct to 2nd Nov only — no tricks, just treats!
Simply enter the code at checkout to enjoy your discount!

Important Delivery Information :

Parents – Direct Home Delivery— Our current lead time is **14–21 working days**

Direct to School Delivery— Orders are held in a queue and printed on the 15th and 30th of each month and delivered up to **14-21 working days after**.

Please kindly note all lead times are stock permitting.



SALT & ICE CHALLENGE – RISKS TO CHILDREN AND YOUNG PEOPLE

It has been brought to our attention that a dangerous online trend is resurfacing where young people place salt on their skin and press ice on top for as long as possible. This creates a chemical reaction, rapidly lowering the temperature and causing cryogenic (cold) burns, similar to frostbite. Children and young people may underestimate the harm as the cold numbs the skin, masking pain until significant damage has occurred

The risks are:

- Mixed depth injuries including full thickness (subdermal) burn wounds needing skin grafts, permanent scarring, possible nerve damage, and long-term impact on wellbeing.
- Peer and online pressure amplify the likelihood of wider uptake.

Immediate First Aid Advice:

- Warm the area by immersion in warm water for 30 – 60 minutes
- Do not rub or massage the area to avoid further tissue damage
- Do not apply ice, creams, or fluffy dressings.
- Cover with clean cling film or smooth plastic.

Seek medical attention for deep, blistered, or extensive burns. *Please reinforce to children and young people that this is not a “harmless game” but can cause serious and lasting harm.*



CLASS NOTICES



NURSERY LITTLE GEMS

Please click on the thumbnail to view the knowledge organizer showing what your child will be learning about in class next week.



CURIOSITY CORNER

Nursery and Reception children have access to an exciting outdoor space including a large mudpit and sandpit. Next half term we would like to provide more opportunities for the children to explore this area. Please can you send a pair of named wellington boots and waterproof trousers into school, to be kept in school, for your child to wear when learning in this environment.





RECEPTION CRYSTAL & PEARL

Please click on the thumbnail to view the knowledge organizer showing what your child will be learning about in class next week.

Note: that we have added a SPLAT date to the upcoming dates section: **Thursday 18th December Reception** (and Nursery) **SPLAT session at 1:30pm**



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RECEPTION CURRICULUM ENRICHMENT TRIPS AND ACTIVITIES

Our trips and enrichment activities extend learning beyond the classroom, offering exciting, hands-on experiences that bring our curriculum to life. Each visit and activity is carefully chosen to connect classroom learning with the wider world, helping children to deepen their understanding while developing independence, teamwork, and curiosity about the world around them. Contributions to the trips and activity pack for Reception is payable via the Arbor Parent Portal or App.

COST: £37.00

CHINESE DRAGON DANCE WORKSHOP

When: Wed 11th Feb 2026



LIVING EGGS

When: 9th to 20th Mar 2026



WOODLANDS SCAVENGER HUNT WORKSHOP—

WELLINGTON COUNTRY PARK

When: Wed 3rd Jun 2026



YEAR 1 AMBER & JADE

Year 1 Maths homework due dates and which pages need to be completed. The class teacher will check their Maths homework every Tuesday to see if the children have done the homework.

Year 1	
Homework due date	Pages to complete
16 th September	4-6
23 rd September	7-9
30 th September	10-12
7 th October	13-15
14 th October	16-18
21 st October	20-22

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COST: £29.00

MILESTONES LIVING HISTORY MUSUEM

When: Fri 30th Jan 2026

Milestones tells the story of how people used to live, the things they used and the work they did!



RAINFOREST WORKSHOP— BRAMBLES ANIMAL ENCOUNTERS

When: Tue 16th Jun 2026

Learn about the distinct layers of the rainforest, the animals that live there, and the threats to their ecosystems



YEAR 2 OPAL & TOPAZ



Following on from our SPLAT session, please click on image to view how to correctly write cursive lowercase letters.

Should you require a hard copy, then please do ask the school office.

Year 2 Maths homework due dates and which pages need to be completed.

Year 2	
Homework due date	Pages to complete
22nd September	4 – 6
29 th September	7 – 9
6 th October	10 – 12
13 th October	13 – 15
20 th October	17 – 19
3 rd November	20 - 22



YEAR 3 DIAMOND & GARNET

Each week, Year 3 pupils should complete the homework listed, and return completed homework for checking every Wednesday.

- Two maths nuggets on Century
- Read every day, and write in your diary. Use the first page to guide your child to write in their diary
- Complete a Accelerated Reader quiz at least once every three weeks, but should be completed as soon as your child has finished their book
- Spellings



YEAR 4 AMETHYST & JASPER

BURWELL HOUSE INFORMATION MEETING

Thursday 13th November 2025

On Thursday 13th of November at 3:45pm there will be an information meeting about the trip to Burwell House in Amethyst Class. This meeting will explain further details about the trip and provide an opportunity for Q&A relating to this. Children attending the residential are also invited to attend this meeting so that they can learn more about the trip.



YEAR 5 EMERALD & SAPPHIRE

WINCHESTER SCIENCE MUSEUM TRIP

Thursday 27th November 2025

We are still short of contributions for this trip to go ahead! Voluntary contributions need to be paid by Friday, 31st October 2025. Thank you! We also require two parent helpers for the trip. If you are able to help, please email or pop into the school office.



UPCOMING EVENTS



Monday, 10th Nov	Year 6 Leave for Residential Trip to Mill on the Brue
Wednesday, 12th Nov	Year 3-Diamond Class visit to UOR for Fossil Workshop
Thursday, 13th Nov	2pm - Year 1 SPLAT in the School Hall Year 3-Garnet Class visit to UOR for Fossil Workshop
Friday, 14th Nov	Year 4 REInspired Visit Year 6 Return from Mill on the Brue Residential Trip
Thursday, 20th Nov	3:30pm to 4pm - Year 5 Parent Information Evening for Year 6 Residential Trip 2026
Friday, 21st Nov	2pm - Year 5 and Year 6 SPLAT in the School Hall
Thursday, 27th Nov	Year 1 REInspired Visit Year 5 Trip to Winchester Science Museum
Friday, 28th Nov	1:30pm - Guided School tour for prospective families
Wednesday, 3rd Dec	WPCA Christmas Jumper Sale
Sunday, 7th Dec	WPCA Panto Trip to the Hexagon Theatre (outside of school hours)
Tuesday, 9th Dec	1:30pm - Guided School tour for prospective families 3:40pm to 6pm - Parent's Evening
Wednesday, 10th Dec	4pm to 6:30pm - Parents' Evening
Monday, 15th Dec	Year 4 Leave for Residential Trip to Burwell House Year 1 and Year 2 Dress Rehearsal for Christmas production
Tuesday, 16th Dec	9:30am and 2pm - Year 1 and Year 2 Christmas Production Performances to Parents
Wednesday, 17th Dec	Christmas Jumper Day/Christmas Dinner Year 4 Return from Burwell House
Thursday, 18th Dec	Church Carols Service—Year 5 1:30pm - Nursery and Reception SPLAT
Friday, 19th Dec	Last Day of Term. School closes promptly at 3:20pm. No After School Clubs.
Monday, 5th Jan	Staff and Pupils Return to School



CELEBRATING WHITEKNIGHTS

WPS SHOWCASE: SCHOOL LIFE, NEWS AND LEARNING ACHIEVEMENTS

Discover the latest school news, including classroom highlights, sporting events, school trips and more, click on the links below:-

RECEPTION DIWALI CELEBRATIONS!

This week, Reception children enjoyed a wonderful celebration of Diwali — the Festival of Lights. They learnt about what Diwali is, how it is celebrated, and the kinds of special feasts that accompany it.

We were very fortunate to have Mrs Nunna share some lovely photos of her own family celebrations, helping the children see how Diwali is celebrated at home. The day was filled with creativity and colour as the children crafted, dressed up and even helped with making a bright rice Rangoli pattern.



PUPIL SPOTLIGHT: CELEBRATING PUPIL ACHIEVEMENTS BEYOND THE CLASSROOM

SKYLAR KICKBOXING—UPDATE FROM LAST WEEK!

Last week, we found out that Skylar had qualified to compete for Team England at the ICO World Championships in Wales.

She did England proud, coming 3rd in two categories, and winning her 2 bronze medals in points fighting and just blitz.

Huge congratulations Skylar!



WPCA NOTICES



HAVE YOU HEARD?

The WPCA and the School Eco Council are collaborating on a Christmas Jumper Sale this December!

In the spirit of sustainability and recycling, we're asking for donations of pre-loved Christmas jumpers.

Please bring donations to the school office in a sealed bag.



SAVE THE DATE!

SECOND HAND

CHRISTMAS

JUMPER

SALE

DONATIONS TO
SCHOOL OFFICE
PLEASE!

DONATE TO FEEL GREAT!

WHERE? WHITEKNIGHTS
PRIMARY
SCHOOL!

WHEN? AFTERAFTERSCHOOL
ON WEDNESDAY 3RD
DECEMBER!