



AMHERST SCHOOL

Amherst School Newsletter No. 11

Message from Mr Reid



This term's school value is **Kindness** and is the focus of the children's PSHE curriculum for Term 2.

You may remember a book I recommended at the beginning of term called '**Dare to be You**' by **Matthew Syed**. Chapter 7 is all about kindness and its ability to make yourself and others feel better. It also discusses the proven link between being kind and being successful in life.

If you get a chance this weekend maybe **spend five minutes reading the extract below with your child and discussing the importance of kindness.**

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New research from scientists at the University of British Columbia in Canada has shown that being kind can help us to feel less nervous and less anxious and more confident in a social situation. They found that being kind even in small ways reduces anxiety.

You can start small. Can you find some way to help out at school or at home? Can you make an extra effort to include someone outside of your usual friendship group? Can you say some positive things to someone who is feeling a little down?

This kindness helps us to feel more in control of our own anxieties, boost our good brain chemicals and makes us less afraid of meeting new people. When we realise that we can actually help others, it helps us to feel good about ourselves.

Kindness helps us to feel better and builds our confidence. There is lots of research that being kind releases chemicals in your brain called endorphins that make you feel good. So helping your dad with the washing up might actually be as enjoyable as eating a chocolate bar. Debatable, I reckon but the science seems to say that it might.

'Dare to be You' by Matthew Syed

Shackleton's Journey

We have now completed three weeks of our whole school book project based on Shackleton's Journey. My assemblies this week have continued to be themed on Shackleton's Journey and we spent time viewing some of the **original expedition film footage**. There was an audible gasp when the Endurance's masts shattered and started to fall. The **dogs were a firm favourite** when ever they appeared!

The children are busy finishing their final pieces of writing and artwork.

The **hall and corridor displays** are beginning to take shape which is **creating a buzz of excitement and interest**. One of the benefits of a whole school project is the wonderful sense of cohesion and shared celebration. I can't wait to see the finished work!

Please see below photos of the displays as they begin to take shape. More to follow next week.



Have a good weekend!

Important THIS week!

CHRISTMAS TREES

If you are considering buying a real Christmas tree this year, **Stonepitts Farm** will donate £2 to Amherst School for every tree purchased with an additional donation to The Stag Theatre Charity.

You will need to produce a copy of this article when purchasing your tree. Please refer to their website for further details and directions [click here](#)



PARENT CONSULTATIONS

Parent Consultations will be taking place via **telephone appointments**.

Year 3 — 30 Nov & 1 Dec

Year 4 — 9 Dec & 10 Dec

Year 5 — 2 Dec & 3 Dec

Year 6 — 7 Dec & 8 Dec

Bookings open on Monday the 23rd November at 7.00pm.

An email with dates, times and event codes will be sent out on Monday morning.



ROAD CLOSURE

We were informed that Bullfinch Lane will be closed from 30 November to 3 December. Please bear this in mind when you plan your journey.



THANK YOU

A big [thank you](#) to the owners of Life on High, a cafe up on the high street who offered meals to our children who currently receive free school meals.



CLASS PHOTOS

Proofs of class photos should have come home this week. Please note that you can **order online** or by **completing the order form**. All order forms should be received back at school by **Tuesday, 1 December 2020**.



VACANCIES

We have the following vacancy on Kent Teach:

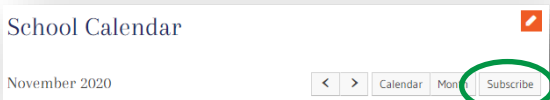
Teaching Assistant for 20 hours per week, Mon - Fri mornings only.

Please [click here](#)



SCHOOL CALENDAR

Please subscribe to our school calendar by clicking the SUBSCRIBE Button once you [click here](#)



COVID-19



If anyone in your household develops one of the following coronavirus symptoms, the whole household should isolate, and the symptomatic person should arrange for a COVID test.

- a **high temperature**
- a **new, continuous cough**
- **loss or change of their sense of taste or smell,**

Please find more information on COVID testing [here](#)

Updated information for [parents](#)

STARS OF THE WEEK

Congratulations to all our stars of this week!

3A	Finley S-R
3S	Reggie S
3W	James J
4C	Lilian K
4SF	Elsie P
4W	Aerin P

5A	Jacob J
5B	Jonathan B
5J	Rina N
6B	Summer K
6D	Elizabeth S
6P	Eva P

MUSIC

Congratulations to Daniel B for passing his Grade 1 electric guitar exam with a distinction!



CHRISTMAS LUNCH

Our Christmas lunch is scheduled to take place on the 16th December 2020. Please see the menu below and indicate on www.schoolgateway.com if your child would like to have a **MAIN** meal or **VEGETARIAN** option.

AMHERST CHRISTMAS LUNCH

December 2020

Roast Turkey
Roast Potatoes
Pig-in-blanket (1)
Peas
Glazed carrots (Honey, vegan will be without)
Stuffing (1)
Gravy (10)
Cranberry jelly

Vegetarian Option

Butternut squash Pinwheel (1,11 - Suitable for vegan)
With vegetables and accompaniments as above
Vegetable sausage (1)

Sweets

Christmas chocolate cake (1,7,9)
Decorative Christmas tree Biscuit (Vegan and Gluten free)



ALLERGEN KEY

1 Contains gluten
2 Crustaceans
3 Molluscs
4 Fish
5 Peanuts
6 Nuts
7 Eggs
8 Soybeans
9 Milk
10 Celery
11 Mustard
12 Lupin
13 Sesame
14 Sulphur Dioxide

CHESS CLUB

This week we played an Amherst-only friendly tournament involving 12 players from all four year groups. The winner was Ben H, with Dylan D second and Mick H third.

Well done to everyone who entered.

Next week, our tournament will be on Tuesday 24th, and the next Primary Schools battle is planned for the following week, on Wednesday 2nd December.



PTA NEWS



Christmas is coming ... take 2

We hope that the children enjoyed the CSI Escape Room last Friday – we are delighted to confirm that the **naughty list is now back where it belongs** and **Christmas is saved!**

It was 1 degree this morning, which means its getting colder, and Christmas is certainly coming!!!! So here is what we have lined up for you as a starter:



Amherst Virtual Christmas Fair

Launching tomorrow, a link to our online store will be in your inbox at 8am Saturday morning. Please do remember that much of our stock is a one-off and things are sold on a first come, first served basis so do get in early to ensure you get your pick of the goodies! We really hope you have fun shopping! If you missed our guide to the event, you can see it [here](#). Thank you again to every single one of you for your donations – our school really is the best!



Amherst Advert Calendar Raffle

This was so popular last year, so we decided to re-run this brilliant raffle. Tickets will be on sale from Monday with a chance to win one of many chocolate Advent Calendars. The draw will take place (and winners announced) on 30/11 and 01/12 in assembly.



Christmas Grand Draw



This is your chance to not only win one of our 24 luxury hampers our wonderful families have generously put together, but also many more wonderful prizes. Mr Reid will draw the winning tickets via a live zoom session on Saturday, 5th December at 4.30pm.

We kindly ask you to return all counterfoils & unsold tickets to the school office by 1st December 2020. Payments can be made by cheque or cash.

Have a lovely weekend, enjoy the fair and **thank you so very much for your incredible support.**

Your PTA Team



OTHER



PSA are eagerly anticipating a busy festive Soccer School in 2020. The 2 days will be filled with action packed games for players to develop & celebrate at this time of the year. Our December Soccer School will be decorated with new challenges where players will create new friendships along with new skills. This is our final Soccer School of this calendar year so to secure your space you must either scan the QR code or click the link below. Places are very limited so be sure not to miss out!

SOCCER SCHOOL INFO

DURATION: 2 DAYS
DATES: 21st & 22nd
TIMING: 10AM - 3PM (9.30AM EARLY DROP OFF)
YEAR GROUPS: YEAR R - YEAR 7
VENUES: WROTHAM SCHOOL
PLAYFOOTBALL, RAINHAM
KIT BAG: DRINKS, LUNCHES (NO NUTS), FOOTBALL
BOOTS (NO METAL STUDS), SHIN PADS &
SUITABLE OUTDOOR CLOTHING

RESERVE YOUR SPACE



PSA SOCCER SCHOOL
CLICK HERE

Please click on the picture below to view the magazine.

The magazine cover features a smiling woman and two children wearing red Santa hats. The woman is holding a cardboard box. The title 'Families' is in large white letters, with 'West Kent' below it. A purple circle in the top right corner says 'FREE'. The text 'IN THIS ISSUE' is in white on a purple background, followed by 'Everything Christmas!' in large white letters. At the bottom, it says 'Win Toys for Christmas! Micro Scooter + LOTS MORE!' in blue and purple, with 'See inside' in black. The Families logo is in the bottom left, and 'T&Cs apply' is in the bottom right. A small image of a micro scooter is in the bottom right corner.