



AMHERST SCHOOL

Message from Mr Reid

In this edition:

1. Message from Mr Reid
2. PTA
3. Notices
4. Star of the week
5. Other



This week we have been sent in school the latest **edition of Digital Parenting - A guide to help your family live a happy and safe digital life.** A downside of remote learning is children are now spending far more time on a device than they normally would.

Please [click here](#) for the link to the full edition but I would like to share with you selected extracts that I feel are really useful to read as a parent.



Is my child TOTTING UP TOO MANY HOURS OF SCREEN TIME?

This is the number one worry for all parents, especially those with little children. But in fact, all the evidence points to the importance of balance. What children of all ages need is physical activity (at least 1 hour a day), good sleep (at least 9 hours) and—especially when it comes to the littlest—lots of face to face interaction with direct eye contact. If they're getting that, then relax. There is no evidence that screen time is a terrible thing.



My child GETS ANGRY WHEN I TELL HIM TO SWITCH THE SCREEN off. HAS SHE BECOME A MONSTER?!

Don't panic! This is a common concern, particularly for parents with children aged around six to ten and when it comes to gaming. Try finding out more about the structure of the games your child likes to play, and especially when they have natural pauses built into them. If you stop him in the middle of a moment he's been building up to, right when he's going to let his friends down because everyone's got their armour and are about to go into battle, he's going to get understandably upset.

So, try moving away from saying: 'two hours are up, it's time to switch off'. Instead, have a conversation with him during a calmer time. Explaining that when those natural pauses in games, videos or social media conversations arrive, you're going to want him to switch off.



THE INTERNET IS SO HUGE, AND I CAN'T police it. Help!

Grooming, bullying and extremist groups are every parent's nightmare, especially those with pre-teens and up. But bear in mind that, while a few kids are going to need a little intervention and help, it's very much the minority.

Children have got to develop their mown moral compass and resilience, so you have to take a leap of faith and trust them. But while you may not be able to see everything that appears on their screens, you can still get a good sense of their wellbeing.

Are they sleeping? And they stay in touch with their friends? Are they usually courteous and jolly with you when you have a nice family outing? These are all good sings that they're well and happy.

5

CHILDREN'S TOP FIVE CONCERNS CURRENTLY ARE

- I'm not getting enough sleep
- I am getting sent messages and images I don't like
- I'm afraid of being hacked
- Abuse on the rise
- The pursuit for perfection

Teens

TEENAGERS VIEWS OF HOW PARENTS CAN HELP

Know what you're talking about: 'A huge barrier for discussing digital issues with parents is that you don't know what we're talking about. You don't need to know the ins and outs of Snapchat, but taking an interest in how the app works helps us to have a conversation.' Jay, 15

Keep talking about it: 'It's most useful when my parents allow me to talk about the problems I'm having online without judging me.' Finn 13

Let us make mistakes: 'We are curious and will sometimes use apps we know we shouldn't or say things we wish we didn't. Part of growing up online is learning from your mistakes.' Liv 14

Parenting is not easy. In so many areas we are learning alongside our children. There is not the need to be an expert but taking an interesting and listening to their concerns without judgement will make them feel supported. Positive relationships are vital which can be especially challenging to maintain during teenage years. I hope you have a good weekend.

PTA News

AMHERST MOMENTS OF LIGHT (click here for more details)

kicked off today with 'Wear Your Uniform to School'. The aim here was to maintain the connection between our children and our school, have a bit of fun and also test out whether uniforms still fit



TOILET ROLL CRAFT COMPETITION

This weekend is the 'Toilet Roll Craft Competition' where we are **challenging families to create something from toilet roll tubes!** If you are stuck for inspiration, google will give you plenty of ideas!!!! Please don't forget to email your entries to: amherst.competitions@gmail.com by 26th January – there are prizes to be won!

AMHERST GOES DOWN UNDER

On **Monday**, Amherst Goes Down Under begins!

To recap, **every child is being challenged to travel (walk, run, scooter, roller skate etc) 1 mile per day for day 28 days** – between them, this will mean they travel over 11,000 miles which is the equivalent of travelling to Sydney. More details are provided in the Moments of Light newsletter including the distance recording form. We would love it if you could share photos with us of your child doing their miles – these will be featured in our special challenge newsletter and, by your consent, on our Instagram @amherstptaevents – photos can be emailed to (amherst-marketing@outlook.com) Please don't forget that you and friends and family can sponsor the children - we wish your young people luck with this history making event!

COMING UP:

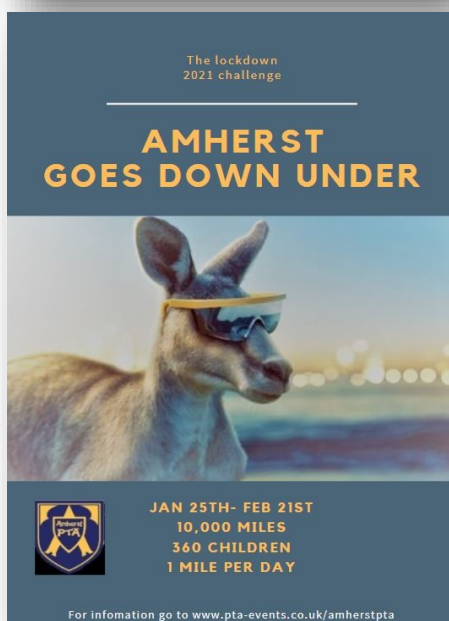
2th January – 21st February : Amherst Goes Down Under (whole school event)

28th January : Booking deadline for virtual Family Bingo

30th January : Family Bingo

1st – 7th February : Best Cressed Competition

Have a great and very well deserved weekend!



THIS WEEK'S NOTICES

MUSIC

Congratulations to the following children with their fantastic music exam results:

Elizabeth S: Grade 3 flute exam—**merit**

Lucas T: Grade 2 electric guitar exam—**merit**

CHESS

On **Tuesday**, we had an exciting tournament featuring ten players from all year groups. They played between 3 and 11 games each within the 70 minutes. Well done to all who took part: Ben H (1st), Lucas T (2nd), Poppy Grace DL (3rd), Dylan D, Benjamin H, Jake A, William R, Edward C, Arnav T and Avani T.

Next **Wednesday** (27th Jan) we are going to play a **Swiss tournament** In which everyone plays 7 games against different opponents, to simulate the UK Chess Challenge.



I used blankets, pegs and cushions for my reading den.



Make it cosy and find a good book to read.

Building a Reading Den at Home

When?
Wednesday
27th January –
for part of the afternoon

ZOOM CHOIR (optional)

Mr Clarke will be trialling a weekly Zoom Choir for **any Amherst child**, from **3.00-3.30pm** on **Mondays**. Please only join if you are keen to participate and can promise to sing along from your home! **Zoom login details** can be found on your child's Google Classroom page under the 'Music' topic.

To access the song lyrics and backing tracks, you can also [sign up to our separate Music Classroom](#) by [clicking here](#) or by using the classroom code **ldh7i2y**.

VACANCIES

We have a vacancy for an enthusiastic and talented **KS2 teacher** to join our team **full time** in September 2021— please [click here](#) to find out more.

We are also looking to recruit an **ICT Network Manager**. Working two days a week, term time only - please [click here](#) to find out more.

 **APPLY NOW**

MR REID's assembly

Please click on the link below to view Mr Reid's assembly.



FIRST NEWS

Activity sheets for [First News Issue 760](#) - please click below:

- [Crossword puzzle](#)
- [Comprehension](#)

FOR INTERNAL SCHOOL USE ONLY. For use on projectors and IWBs. Not to be uploaded to school websites.

THE UK'S CHILDREN'S NEWSPAPER

WIN! A £150 LEGO GIFT VOUCHER

GET YOUR SKATES ON FOR DANCING ON ICE

FirstNews HELPING THE UK GROW

NEWS | SPORTS | ENTERTAINMENT | INTERVIEWS | PUZZLES | COMPETITIONS

MY EARTH CHARTER

PRINCE CHARLES CALLS ON BIG BUSINESS TO SAVE THE PLANET

THE Queen's son, the Prince of Wales, launched a plan this week calling on big business to save the planet. He wants organisations to sign up to his ten-point 'Terra Carta' - 'Our Earth Charter' which is inspired by Magna Carta.

As we start a new decade, it is time to focus on the future we wish to build and, indeed, leave for generations to come. People have made incredible progress over the past century, yet the cost of this progress has caused a loss of direction for the planet that sustains us. We simply cannot keep going like this. To build a growing and sustainable future, it is critical that we speed up care for the planet so it is at the heart of everything businesses do.

about the rights of nature, and set out a plan for the success of business and harmony with nature, people and the planet over the next ten years.

Prince Charles, who is keen to be Britain's next King, has a passion for the planet and has campaigned on green issues for 50 years. He has had nearly 100 meetings with business and supporters leading up to the Terra Carta launch.

This is the Prince of Wales' message to First News readers:

by HMHR Prince Charles

The link between human health and the planet's health has never been more clear.

As we start a new decade, it is time to focus on the future we wish to build and, indeed, leave for generations to come. People have made incredible progress over the past century, yet the cost of this progress has caused a loss of direction for the planet that sustains us. We simply cannot keep going like this. To build a growing and sustainable future, it is critical that we speed up care for the planet so it is at the heart of everything businesses do.

To move forward, there must be a central hub for this huge effort. To that end, I am launching the Terra Carta as the basis of a recovery plan for nature, people and planet.

I am making an urgent appeal to leaders from around the world to give their support to this Terra Carta. It is this which will decide whether or not our children and grandchildren look back on a series of broken promises, or instead see that there was a shining point when the world called for the recovery of the planet.

STAR OF THE WEEK



3A - Jack R

Jack has been amazing working from home this week he is always insistent that his work is super neat and gives 100% to his presentation in every lesson. He is LOVING riding his bike with his brother and enjoying coding with his dad.



3S—Tom M-M

Tom has been enjoying our Knole Park walks and runs. He's also been having great fun playing football with his brother!



3W—Ryan G

Ryan loves sports, his favourite sport is Cricket. He has joined the 5 week tennis challenge which includes different workouts focused on agility, fitness, skills and play. He is working hard with his home schooling and is always keen to practice his cricket and tennis skills everyday.



4C— Eric B

Eric has been very busy this week helping to look after his new kitten, Tiddles. He has also been visiting some of his elderly neighbours where he likes to tell them all about....Tiddles (from a safe distance!)



4SF— Sven M

Sven has been working really hard on the multiplication puzzles. He found this week's science 'balloon' experiment particularly funny! He is reading daily articles in 'The Week' and is learning new words and expressions. He also excelled at his first ever touch typing class reaching 89% accuracy.



4W—Sammy W

Sammy has been enjoying family time over the last few weeks. He particularly enjoys reading to his little sister and was delighted to watch some of the Biden inauguration. He misses his friends and looks forward to getting back into the classroom to see everyone as soon as safely possible.



5A—Morgan P

Morgan really enjoyed the watercolour lesson and put it into good use this week. He's learnt another piece of music on the piano and hopes to do well in the speed note reading competition. He gets up early every day to have breakfast and a play with our dog 'Austin'.



5B—Dylan R

Dylan is working diligently at home and appreciates seeing his teacher and classmates twice a day. The rainforest topic has captured his imagination and he is enjoying creating his news broadcast this week. Dylan plays football during breaks and has taken up spinning to keep active on rainy days!



5J— Luca R-H

Here is Luca with our 21 year old African Grey Parrot – during lockdown he has become so brave picking her up and having her on his arm. Luca also wrote an excellent little 'Vivaldi' inspired poem - this was ALL his own work and we are so proud of him.



6B—Elliot C

Elliot has worked extremely hard in the year six key-worker class and achieved high standards in his work across all his subjects. He has shown true determination to complete the tasks set and has been a pleasure to have in class.



6P— Tom F

Tom has adapted well to home schooling although he misses everyone. He is really enjoying learning about Macbeth and liked doing the storyboards. He is also busy keeping in contact with friends and family on zoom but can't wait to get back into the classroom again.



6D—Leon K

During the most recent lockdown Leon has discovered the joy of hiking in the mud. He uses the OS app to plan his route, then leads the family through beautiful local countryside. He has even led a couple during the evening after dinner, where he wears a head torch!

OTHER

Please click below to view:

How libraries can help

Home Learning resources for families during the pandemic

- Our website has all sorts of useful information — check your library card, renew books online, browse through the library catalogue, find library addresses and opening times and more. www.kent.gov.uk/libs
- Join the library online: With your library card number and PIN you can access a wealth of online resources (including eBooks, eAudiobooks, eMagazines and eNewspapers) [Library joining](#)
- Free eBooks and eAudiobooks for children: There are thousands of eBooks to read and eAudio books to listen to. Find them on the Libby app – all free to download, with automatic returns and no charges. Explore a huge selection children's eBooks (stories and information books) and eAudiobooks by clicking on Explore and select Guide: Children's
- Free eMagazines. Lots to choose from – mostly for adults (e.g. BBC Wildlife and BBC History), with some for children too (e.g. The Week Junior, National Geographic Kids and Match) – all via the RBdigital app.
- Free eNewspapers – most UK dailies, plus many others including some in other languages on the PressReader app
- Online resources to help with [Home Learning resources](#)
- Need help accessing any of our digital resources on your own device?
- Contact our Ask a Kent Librarian staff (via phone, chat or email) – they can help
- Stuck with a query? Don't forget our online enquiry service can help you with this too [Ask a Kent Librarian](#)
- Visiting a library: please check our website for the most up to date information on which services libraries currently offer during the pandemic [visiting-a-library](#)
- No charge for any books lost or damaged while borrowed on a pre-school child's ticket. There are no late return charges for items borrowed on child or teen cards (under 18's).
- Can't find the book you want? It's free for children to reserve books
- Check out Kent Libraries Facebook and Twitter pages too – there are lots of activities and information there, including virtual storytimes

For more information contact your local library, www.kent.gov.uk/libs, or call 03000 41 31 31. Text relay 18001 03000 41 31 31

CUSTOMER
SERVICE
EXCELLENCE



HOME



SCHOOL

