



AMHERST SCHOOL

Message from Mr Reid

Next week's assembly has the **theme of resilience.**



When planning my assembly it was interesting to reflect on the meaning of resilience. **Resilience** means:

The ability to be happy or successful again after something difficult or bad has happened.

Resilience is a fantastic character trait to be developed.

Our experiences shape this resilience but it is also our personality that influences how we respond to adversity. Children often find it hard to not feel that everything is a disaster when something goes wrong. It is a very mature concept to believe the future will be good when it feels like the end of the world!

For those of you who are enjoying Sir Linkalot there is a link to be found in the word resilience: **I re-silience**

If we can **nurture children** to have the ability to re-silience their self-doubt when something has gone wrong it will help build an optimistic outlook on life.

It will also **help them achieve more** as they will have greater willingness to revisit a task or experience that they found hard.

We need to encourage them to develop a positive response to problems such as:

Yes that situation was difficult but I believe I will be happy or successful again.

This thought process can be of great comfort when things are tough. Matthew Syed sums it up well in his book **Dare to Believe**.

If you don't get things right first time, DON'T PANIC. There's always another chance. Take control and make it work out next time. The world won't end if you take a bit longer to make things happen.

Screen Free

Wednesday Afternoons

In response to the success of the Reading Dens last week we would like to introduce an **alternative activity every Wednesday afternoon**. Starting from next week we will offer a choice of activities on Wednesday afternoons. This will be across all year groups to make it easier to coordinate at home if you have siblings at Amherst.

The main criteria for these activities will be:

- Time not on a screen
- Ability to complete the same activity across year groups
- Minimal preparation required by adults
- Complete outside if possible

The menu of activities will appear on Google Classroom at the beginning of next week. I hope they provide a positive change to the weekly routine and some fun.

Safer Internet Day

Tuesday 9th February

There is an additional assembly recorded next week focusing on Online Safety. It is scheduled to appear **on the class stream from 8.00am on Tuesday 9th February**. Please encourage your child to watch it.

As mentioned in last week's newsletter we should be informed on **Monday 22nd February** whether schools will reopen on Monday 8th March. We all hope this will be the case and can't wait to have the children back in school.

I know **you are making home schooling the best it can be** but however hard we try we can't replicate children's social interactions with their friends which are so vital to a child's development and happiness. **Keep positive** and remember it is only one week to half term.

I hope you have **good weekend** and remember to try and **get outside whatever the weather!**

PTA NEWS

Well you HAVE BEEN BUSY – bingo-ing, getting in your miles, growing cress... hopefully you are enjoying our events!

It doesn't stop yet, there is still more to follow:

- 6TH FEB** – Amherst Curry Club
- 9TH FEB** – Best Cressed Competition Deadline
- 10TH FEB** – Chocolate Raffle Ticket Deadline
- 12TH FEB** – Chocolate Raffle Draw live @ 3.00pm & 3.15pm
- 13TH AND 14TH FEB** – Amherst Den Building

We will be doing a full review of all our events plus announcing our competition winners in our newsletter which will be with you just after half term.....

Please don't forget to donate where you can via [PTA Events](#) – we are so grateful for every pound!



ABOUT LAST SATURDAY NIGHT ...

BINGO FUN



Have a great weekend everyone!
Your PTA Team

THIS WEEK'S NOTICES

MUSIC

CONGRATULATIONS to Eleanor H has got into the National Children's Orchestra on her flute!!



They are arranging a mix of online orchestral / small ensemble training for the next period whilst Covid restrictions are in place.

MR VERNES is retiring

Mr Vernes - site manager of Riverhead Infants' School - is retiring at the end of this term.



If you would like to send him a card, gift or even make a contribution to his leaving gift, please drop it off at Riverhead Infants' school office.

CHESS CLUB

On Tuesday we had our second Swiss style tournament, consisting of 5 rounds and 7 players.

There were many exciting moments, well done to everyone who competed: Ben H (1st), Lucas T (2nd), Jake A (3rd), Poppy Grace DL, Edward C, Leon K and Fred K.

Next week (Wednesday 10th Feb) we will return to an arena style tournament.

STATIONERY in school

If your child is currently attending school as part of the Key worker class, please can you make sure they have the correct stationery with them— especially GLUE STICKS!

Many thanks for your support.



MR REID's assembly

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



VACANCIES

We have the following vacancies at the moment:

ICT Network Manager - March start

Midday Supervisor - March start

Class Teacher - September start full time

[Click here](#) for more information.



APPLY NOW

FIRST NEWS

Activity sheets for [First News Issue 763](#) - please click below:

- [Level 1 Crossword puzzle](#)
- [Level 3 — Look Closer](#)



LEGO CLUB

Our **Lego Club** is proving very popular with over 130 children currently taking part!

In order to manage demand we have created a registration form which we ask anyone wanting to join to complete: [Sign up here](#)

Parents will then be automatically sent the details to the webpage where they can access the challenges.

There is no need to sign up each month as the website will be updated and those signed up will be emailed reminders once new content is available.

February's challenge will be available shortly.

Sevenoaks School



STAR OF THE WEEK



3A - Sydney W

Sydney is working so hard on her home schooling, her attitude has been so positive. She loves getting stuck into Maths problems and she's enjoyed completing this week's Roald Dahl bar charts and English Magic. It's been a joy this week and she even makes time to help her younger brother too!



3S—Matilda B

Matilda has been working very hard every day at home. She really enjoyed decorating her magic box this week. She exercises every afternoon going for walks or scooter rides. She has also been practising her piano every day and helping her older brother with his music lessons.



3W—Katie L

Katie is enjoying home schooling especially maths and has been doing pictograms this week. She is very interested in art, and we loved her design of a Roman shield. She is also keeping fit by practicing gymnastic activities every day.



4C— William F

William has really enjoyed learning about compound areas and converting between measurements and completing the challenges. He has loved the Narnia lessons and is looking forward to writing his final descriptive paragraph. In his free time, he has been making sure he gets lots of exercise and has been loving riding his bike and learning the dances for P.E!



4SF— William K

William has been missing life at school a lot, but looks forward to Mr Reid's assembly and zoom calls with his class. He has used the time at home to really focus on his handwriting completing harder maths challenges. He loves the extra time he gets to spend with his dogs and has been completing a 12km walk every Thursday with them and his mum.



4W—James R

James continues to work really hard on his school lessons. He particularly enjoyed the recent art and geography lessons focusing on the theme of "Mountains". In his spare time James keeps himself active, running every day in all weather conditions.



5A—Ivy W

Ivy has worked really hard despite a week of no WiFi. She is enjoying the rainforest topic, in particular learning about the animals and art tutorials. She has been enthusiastic about yoga, science, reading and music. Ivy is determined to understand fractions and tries even when she doesn't want to.



5B—Poppy G

Poppy spent the week building a DIY storage bin cage and budgeting her pocket money towards buying the latest addition to the household, a hamster called Bandit.



5J— Daniel B

Daniel enjoyed the Mandrill art lesson this week, he loves getting lots of hugs from his kitten Dorami.



6B—Anna-Lotta M

Anna-Lotta likes going to school in the key worker group. She loved designing and baking her cereal bars this week. Anna-Lotta has enjoyed joining in her zoom meetings for martial arts and the school choir.



6P— Owen P

Owen has adapted to online learning with the class after spending last term learning independently at home! He has been working so hard and always approaches every subject and every lesson with enthusiasm and engagement.



6D—Isabelle P

Isabelle has adapted well to home-school and really enjoyed designing and making her own cereal bar this week. She is extremely committed to her swim club fitness zoom sessions and cannot wait to return to the pool so that she can swim competitively once again.