

MESSAGE FROM MR REID

Mental Health Awareness Week

is taking place from **Monday 10th to Sunday 16th May** and the **theme is nature**. This fits very well with our current whole school book project '[The Lost Spells](#)'.



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Evidence shows

that **time spent in nature** can [reduce stress and anxiety](#) whilst [increasing children and young people's confidence and creativity](#).

We **know** that children who are **more active** are **happier, more resilient** and are less likely to **feel lonely**, but more than half of children

and young people aged 5-16 are not active enough to enjoy the full extent of these and other benefits. **Why not give the following plan a go next week.**

Move It Monday - Active Miles are a great way to improve the physical, social, emotional and mental health and wellbeing of our children and young people, regardless of age, ability or personal circumstances. Why not try to go for a run today with your children. Get involved in clocking up those miles!

Talk it out Tuesday - You are likely to already be aware of the experiences that your children and young people are having, and the specific challenges they may be facing. Stop and take the time to have a meaningful conversation and actively listen to what your child says.

Walking Wednesday - Research shows that active travel to school makes children and young people more alert and ready to face the school day than if they had arrived in a car. If possible, depending on where you live, try to ditch the car for a day. Can you swap the school run for the school walk?

Top Tips Thursday - Sharing good ideas and coping strategies is a great way to help family members and friends. Take some time to share a simple top tip that helps you when you feel a bit stressed, anxious or overwhelmed. It might make all the difference to somebody else.

Feel Good Friday - Celebrating each other's achievements is a great way to bring positivity into our lives and foster connections with others. Sharing successes has been shown to be associated with happiness, confidence and improved wellbeing.

Strolling Saturday - Spending time in green space and bringing nature into your everyday life can benefit both your physical and mental wellbeing. Spend the day exploring your local area and connect with nature.

Supportive Sunday - It can be hard to know what to do when supporting someone with a mental health problem. There are many charities and organisation that aims to help friends, family, carers and others to give support and take care of themselves too.

For further information and some great top tips please [click here](#) below.



I hope you all have a good weekend.

TODAY IN SCHOOL



IN CLASS

MOTH & FLY



BREAK

LUNCH

RE
AK

TIMES TABLES



NOTICES

YEAR 6 LEAVERS' HOODIES

Year 6 Leavers' Hoodie orders are now open. The deadline is 14 May and late orders can unfortunately not be accepted.
www.schoolgateway.com



COVID SYMPTOMS

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](#)



VACANCIES

We have the following vacancies in school at the moment. Please [click here](#) to see more information via KENT TEACH website.

- Midday Supervisor—Part-time
- Breakfast Club Assistant—Part-time
- Class Teacher—Full time
- Inclusion Manager—Part-time



PARKING

Please be considerate to our neighbours and the environment (running engines) when dropping children off in the morning and collecting them in the afternoon.



PTA PIZZA EVENT

Please note the deadline for booking via the [PTA Website](#) is 11 May 2021.



Year 5 Dates COMING UP:

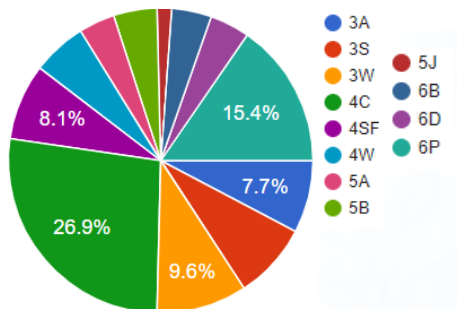
Please reserve the following dates in your diary:

- 9 June 2021
Kent Test Information evening with Mr Reid
- 15 - 17 June 2021
Parent Consultations



TOKYO

We have travelled 601.5 miles this week which brings our total to 2792 miles —great achievement everyone!!



OUR GOAL IS ...

5,945 mi

Distance from Sevenoaks to Tokyo



REMEMBER

To please submit your miles!

[Click here](#)

PTA

All good things come in threes – Curry cookery, Easter lamb cupcakes baking and now our final event: delicious pizza making!

Your PTA is delighted to invite your children and their families to join us for our **Amherst Pizza Making event** on **Saturday, 15th May at 5pm via zoom**. We will show you how to make an easy but absolutely **yummy pizza** with an extremely tasty tomato sauce plus **dough balls**. And the pizzas will be **ready for dinner** time. We are very fortunate that Clare (who hosted the curry cookery) has again agreed to run this event for us.

Special announcement - during the event **one lucky family** will **win** an **outdoor pizza oven**. Your booking will be your e-ticket.

We are really excited to sharing this event with you!

Thanks so very much for your support and hope to see you all there!

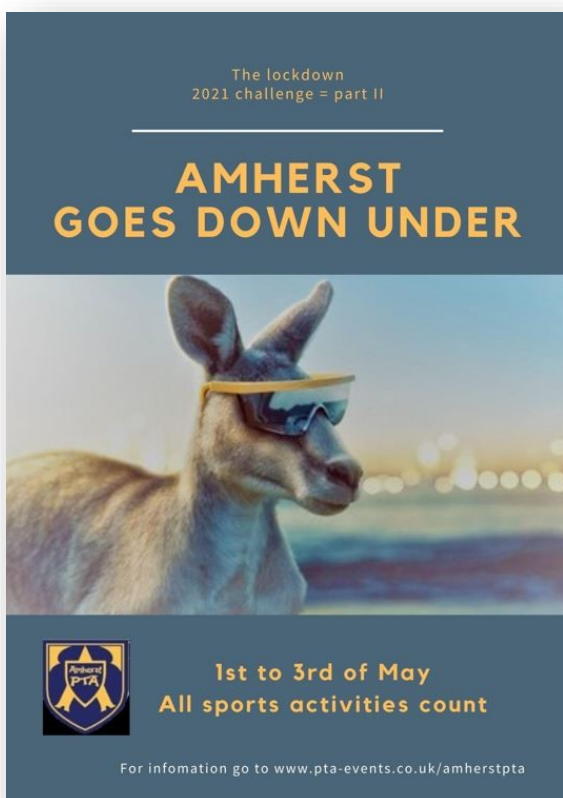
Your PTA

PIZZA MAKING EVENT

- Booking closes at midnight, 11th May
- £10 per pizza kit via [PTA Website](#)
- On 14th May your child will receive, at school, a kit with all of the dry ingredients needed to make their pizzas, tomato sauce and dough balls (will contain gluten)
- Any other ingredients/equipment needed plus the zoom details will be emailed to you with your booking confirmation




AMHERST GOES DOWN UNDER— Take II



It is not too late to log your miles.

All sporting activities done over the bank holiday count.


FINAL CHANCE TO LOG YOUR MILES



STARS OF THE WEEK

Congratulations to all our STARS of this week!

3A	Max R
3S	Tommy B
3W	Lyla M
4C	Max P
4SF	Lucy E
4W	Hannah T



5A	Sophia M
5B	Dimitri M
5J	Louis R
6B	Nicholas B
6D	Alice B
6P	Willow W

Chess

We had an excellent contest this week, with ten players battling it out. Some long games, stalemates, and skilful checkmates resulted in a really exciting 70 minutes.

Well done to everyone who took part: Ben H and Lucas T who won an impressive 9 games apiece, Owen P, Poppy Grace DL, Harrison P, Arnav T, Dylan D, Gabriel D, Avani T and Phoebe D.



COMMUNITY EVENTS

Please click on the pictures below to access the links / booking forms or to find more information:



L E V E L U P

L E V E L U P

L E V E L U P

L E V E L U P

L E V E L U P

L E V E L U P

L E V E L U P

PSA PRO SOCCER ACADEMY
SOCCER SCHOOL

MAY HALF-TERM SOCCER SCHOOLS

WHAT TO EXPECT

PSA will provide the perfect platform for players to express their passion within football. In our unique environment children will be able to develop their physical, social & mental skills through football.

SOCCER SCHOOL HIGHLIGHTS

CLICK HERE

MAIDSTONE

AGE: 5 to 14 years old
FOR: Boys & girls
ABILITY: Beginners to Advanced
TIMES: 9.30am - 3.00pm
KIT BAG: Lunch & drinks
VENUE ADDRESS - Maidstone Grammar School, ME15 7BT

BOOK HERE

WROTHAM

AGE: 5 to 14 years old
FOR: Boys & girls
ABILITY: Beginners to Advanced
TIMES: 9.30am - 3.00pm
KIT BAG: Lunch & drinks
VENUE ADDRESS - Wrotham School, TN12 7RD

BOOK HERE

GILLINGHAM

AGE: 5 to 14 years old
FOR: Boys & girls
ABILITY: Beginners to Advanced
TIMES: 9.30am - 3.00pm
KIT BAG: Lunch & drinks
VENUE ADDRESS - Playfootball Rainham, ME8 7RJ

BOOK HERE