

Happy New Year 2024

AMHERST SCHOOL NEWSLETTER

15th EDITION - 5 January 2024



MESSAGE FROM MR REID

Happy New Year!

I hope you have all had a **good Christmas break** and got to spend time **together as a family**. The children have returned to school with **enthusiasm** and it has been great to see so **many smiley faces coming through the gate** in the morning. I'm sure the two inset days provided a little more time to rest before the start of term. My own children went back to school on Tuesday 2nd January which seemed very early!

Inset Days

Our **two inset days were productive**. Tuesday was spent **reviewing** and **updating** the PSHE (Personal, Social and Health Education) curriculum, which is based on our six school values.

On Wednesday an external trainer, Kelly Hannaghan, delivered an **excellent morning session** to all teachers and TAs on **how to support children who display symptoms of mental health issues**. It was good to explore how to support children with everyday normal worries but also recognise when it becomes more than that. **The focus was on empowering children (and adults) to self-regulate** with simple techniques and strategies if they begin to feel overwhelmed. We also completed an audit identifying areas that we are **doing well** in and others that would benefit from **further development**.

Hopefully this work will support enabling **all children to thrive** in and out of school. **Life is full of ups and downs** but if we can give every child a **simple toolkit of strategies** it can make a **big difference**.

Determination

This term's value is **Determination** which is often **much needed** at the **beginning of the new term** in January.

I shared in assembly a range of **stories about determination** and how **powerful it can be if you set a goal**. We also discussed that **real determination is still trying your hardest** even when things are difficult. We agreed that it was **easy to try hard at the things we like or are already good at**. If we are to **grow and develop** as people, **feeling uncomfortable** at times will be **necessary**.

It is **unrealistic**, and not normal, to expect to feel good and happy all the time. We have to **embrace** the **full range of the human experience** and give ourselves **permission** to fully exist in every mood and season.

WHAT IS DETERMINATION



There is no magic to achievement. It's really about hard work, choices, and persistence. ~ Michelle Obama

It always seems impossible until it is done. ~Nelson Mandela

Do what you can, with what you have, where you are. ~Theodore Roosevelt

Nothing is particularly hard if you break it down into small jobs. ~Henry Ford

I hope 2024 is a positive year for us all and I look forward to all that it promises.

NOTICES



LUNCH MONEY PAYMENTS DUE

As always, you should please pay for your child's school meals in **ADVANCE** (either weekly or termly). Please make payment via www.schoolgateway.com.

Costs for the new term are as follows: Daily - £ 2.55 / Weekly - £ 12.75 / Term 3 - £ 68.85 (27 days) / Term 4 - £ 73.95 (29 days)



PLEA FOR STATIONERY

Teachers would like to put out a plea for sufficient stationery at school as it is having a significant impact on learning time in class.

Sometimes more than half the class don't have a **glue stick** and many are without other equipment including **scissors**, **30cm rulers**, **white board pens** or **rubbers**.

Thank you for your support.



CLUBS START

Clubs start on Monday **8 January 2024**.

- If your child has a place in a club run by an outside provider, please ensure payment is made before the first club session.
- Little Musketeers should come to school in school uniform.
- Open spaces available: - please complete our [booking form](#) here
 - * Ceramics—1 / Street Dance—2 / Spanish (Yr 4-6) - 5 / Table Tennis (Yr 4) - 1 / Mandarin - 8 / Boardgames—8



WELLIES

Just a reminder for children to bring their wellies to school in order to access the field during break and lunch time.



BREAKFAST/AFTER SCHOOL CLUB PAYMENTS DUE

Please be reminded that payments for breakfast and after school club are now due—www.schoolgateway.com.



YEAR 5 – RAINFORESTS

Year 5 will be studying the topic of rainforests and will read the book 'The Explorer' to help their understanding. The book, written by Katherine Rundell, is a fantastic example of high quality literature and paints such vivid pictures of living in a rainforest for the children to imagine. If you happen to have a copy at home or wish to buy one, please may your child bring it in to school.



ADHD IN GIRLS WORKSHOP

- She keeps interrupting me mid-sentence...
- The state of her room...
- She gets upset so easily...

Is it her personality, or is it... ADHD? It can be really hard to tell, and that's why so many girls with ADHD don't get the right support. They end up struggling during lessons, in their friendship groups and at home. Whether your daughter has strong ADHD traits or not, this workshop can give you more tools to understand your daughter, her world and help her feel more comfortable in her own skin.

Where: Amherst School / **When:** Tuesday, February 6, 2024, 2-3 pm / **Cost:** FREE

Please [click here](#) to register



VACANCIES

Please click on www.kent-teach.com to see our current list of vacancies.

- Breakfast Club Manager - Part-time
- Midday Supervisory Assistant - Part-time
- Teaching Assistant - Full-time/Part-time



FUTURE DATES

- 8 January - Clubs Start
- 26 January - PTA Cake Sale and 2nd Hand Uniform Sale
- 30 January - Year 6 Young Voices @ the O2
- 7-9 February - Year 3 Roman Days
- 9 February - PTA Valentine's Raffle
- 9 February - Term 3 Ends
- 19 February - Term 4 Starts
- 12 March - Year 6 Love to Dance Show @ the Stag Theatre
- 15 March - Clubs End
- 15 March - Open Afternoon
- 19 March - Parent Consultations
- 20 March - Year 6 Parliament Trip
- 21 March - Year 5 Rainforest Roadshow
- 21 March - Parent Consultations
- 22 March - PTA School Disco
- 28 March - Term 4 Ends

LET'S CELEBRATE

STAR OF THE WEEK

3CL	Ademola S
3H	Samuel F-A
3W	Max M
4C	Adhyanviraj S
4S	Lily-Rose L-S
4SF	Evie M

5A	Eitan D
5HR	Andrew P
5J	James K
6A	Lucas T
6B	Gabriel D
6W	Leo F

ART COMPETITION

Congratulations to Prakruti H (4SF) who won a second prize from Laura Trott MP in her Christmas card competition!



PE TIMETABLE TERM 3

Term 3 – PE Timetable 2023/24

Indoor PE sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
9.10 – 10.10					
11 – 12			4SF Yoga		5J Dance
1.35 – 2.30	6W Indoor Athletics (Coach)	6B Indoor Athletics (Coach)	4C Yoga	3CL Fitness (Coach)	5A Dance
2.30 – 3.25	6A Indoor Athletics (Coach)	3H Fitness (Coach)	4S Yoga	3W Fitness (Coach)	5HR Dance

Outdoor PE sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
9.10 – 10.10					
11 – 12			5J Handball		
1.30 – 2.30	3W Tag rugby		5A Handball	1:45-2:30 4SF Hockey (Coach)	6W Hockey
2.30 – 3.30	3CL Football		5HR Handball	2:30-3_15 4C Hockey (Coach)	6B Football
2.00 – 3.00 (Extra class)	3H Netball			4S Football	6A Tag Rugby

COMMUNITY EVENTS

Workshop with Una Archer GMBPsS

Early signs of ADHD in girls

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Una Archer is a psychologist helping families navigate their challenges in a more peaceful and connected way. To find out more about her ADHD-informed family support service, visit www.helpyourchildthrive.co.uk



Dear Parents & Carers,

I'm looking to contact anyone who themselves attended or whose children have attended Tiggers Pre-School Dunton Green.

Green.

Ssssh....it is Tiggers' Kate's Big Birthday shortly and we are seeking messages from as many former Tiggers as we can! Please contact me directly on WhatsApp or text - Helen Barnes 07943 160 907 and I will send further details. If you know any ex Tiggers not currently at Dunton Green or Riverhead Schools, please feel free to send my details and/or this message to them.

Much appreciated!
Helen Barnes – ex Tigger parent

Press >

The Children's Commissioner launches new campaign to hear from children ahead of the General Election

14 September 2023



The Children's Commissioner launches 'The Big Ambition' to hear directly from children and young people about what they want from Government.

Ahead of the next General Election, the Children's Commissioner for England is launching a new campaign to ensure that children and young people are at the heart of the political debate.

Dame Rachel de Souza wants The Big Ambition, which is being launched today, to be the most ambitious and comprehensive survey ever to capture children and young people's voices.

The results will be used to encourage policymakers to think about children and young people's needs, to ensure their voices are reflected in the decisions that will affect them in years to come.

As Children's Commissioner, it is Dame Rachel's duty to promote and protect the rights of all children, especially those children living away from home or receiving support from children's social care services.

She will be listening to children across the country, to hear about their lives so she can champion their priorities for the next election and will be trying very hard to reach as many children living in care or with care experience as possible.

Notes to Editors:

The Big Ambition campaign follows on from The Big Ask (which reached 500,000 young people) but is an opportunity for children, who cannot vote, to have their say in the run-up to the next General Election. Dame Rachel de Souza will use the answers to make sure children's voices are heard by politicians from all parties.

The survey is available [here](#). All children aged 6-18 and parents of children aged 0-18 can take part.

Children's Ballet

Age 3-4 years

Saturday Mornings
at Riverhead Infants School

From 9:00-9:30am
To book a Free Taster
Please contact:
amy@sevenoaksdance.co.uk

