

FIVE STEPS TO WELLBEING

AMHERST SCHOOL NEWSLETTER

18th EDITION - 26th January 2024

CONNECT

TAKE
NOTICE

GIVE

BE
ACTIVE

KEEP
LEARNING



MESSAGE FROM MR REID

Five Steps to Wellbeing

This week in assembly, as part of our **focus on determination**, I shared with the children the **five steps to wellbeing**.

- **Connect** - Talk and listen, be there, feel connected
- **Be Active** - Physical exercise can change your mood
- **Take Notice** - Remember the simple things that give you joy
- **Keep Learning** - Embrace new experiences, see opportunities, surprise yourself
- **Give** - Your time, your words, your presence

We spent some time on **Monday focussing on the first two** which were **Connect** and **Be Active**.

connect

be active

We learnt about a teenager called Dan who had found it hard to make and maintain friendships. He then discovered **magic** and through his ability to share magic tricks he had **developed a far stronger social network** which had made him more confident and happier.

We also learnt about Kristana who had used the **sport of weight lifting** to improve her **self-confidence** and **boost her mood**. She gave good advice about having a **growth mindset** and the **importance of not giving up**. Prior to trying a new sport she never believed she would go on to become a successful weight lifter. **Trying new things is also key to maintaining healthy well being**.

I shared with the children the power of being outdoors and exercise.

I described that **I can sometimes have a worry that is making me feel anxious**, but after I **have been for a run**, I still have the **same worry but not the emotions** that previously accompanied it. We discussed how **exercise can change the chemicals in your brain** and **boost your mood**.



The power of being outside and being active should not be underestimated. A **family walk** can achieve the same outcome if you can get past your children's prior protestations. You will be even more in need of a walk once you have persuaded them to go, and got everybody ready! Don't give up, it will be worth it.

We will explore *Take Notice*, *Keep Learning* and *Give* next week.

I can't quite believe it is only two weeks to half term.

I always feel the spring term is one of the **most productive for learning** in the school year. It is not interrupted by Christmas or summer events. **Enable your child to make the most of the learning opportunities on offer at school through good sleep routines.** Children arriving each day alert and keen to learn is a key ingredient to them being successful. Monitor screen time closely and ensure your child has a wider range of interests. **Easier said than done I know**, but **good habits set now** will make a **huge difference** as they move on to secondary school.

I hope you all have a good weekend.

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NOTICES



REPORT ABSENCES

All absences should be reported **via our website (under Attendance)** before **09.00am**. Please click on the link and complete the quick [Daily Absence Form](#) . Please complete the form for **every day** your child is off school.



YEAR 3 - POETRY TOPIC - DT

To support our upcoming poetry topic in English, please could the children bring in a **small cardboard box** (smaller than a shoe box) by **Wednesday 31st January**. We would also appreciate them bringing in any materials that you may have at home which they could decorate their **‘Magic box’** with, e.g. feathers, sequins, stickers etc.



LIBRARY BOOK REQUEST

Request for donations of age-appropriate books to the library; but please **NO Roald Dahl, David Walliams or Enid Blyton** as we are lucky enough to have loads of these.



CLUBS

- Week 29 Jan—2 Feb 2024:
 - * Tuesday 30th — NO Table Tennis Squad
 - * Wednesday 31st—NO Lego Club
- Open spaces available - please complete our [booking form](#)
Ceramics—**3** / Street Dance—**2** / Spanish (Yr 4-6) - **5** / Table Tennis (Yr 4) - **1** / Mandarin - **8** / Boardgames—**7**



PARKING - YELLOW ZIG ZAG LINES

Zig-zag lines on the road can be white or yellow and indicate that **parking in that area is prohibited**. Neighbours have reported parents **parking on their drive ways**—we would appreciate it if you would be **considerate towards neighbours** when dropping off and collecting your child(ren) from school.



LETTERS SENT

Year 3—Roman Day information



VACANCIES

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

- Breakfast Club Manager - Part-time / Term time
- Midday Supervisory Assistant - Part-time / Term time
- After School Club Assistant - Part-time / Term time



FUTURE DATES

- 30 January - Year 6 Young Voices @ the O2
- 31 January - Inter house Chess Competition—children will be informed of details via their teacher
- 7-9 February - Year 3 Roman Days
- 8 February - Inter house Quiz —children will be informed of details via their teacher
- 9 February - PTA Valentine’s Raffle
- 9 February - Wear something RED with school uniform (fundraising for National Heart Month)
- 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
- 6 July - Amherst Summer BBQ (Save the Date)

STAR OF THE WEEK

3CL	Hugo B
3H	Darcy A
3W	Freddie P
4C	Max P
4S	Raph H
4SF	Arthur W

5A	Jess S
5HR	Anna J
5J	Alex B
6A	Will G
6B	Jessica M
6W	Tom L



COMMUNITY EVENTS



CAMP BEECHWOOD

FEBRUARY HALF TERM

12 - 16th February 2024

mSPORTi multi-sport day camps give children of all abilities the opportunity to stay active throughout the school holidays, by providing structured sessions with a wide range of fun, exciting sports – including football, tennis, hockey, dodgeball and more.

Activities tailored for 5 - 13 year olds.

STUNNING LOCATION • INDOOR & OUTDOOR FACILITIES • THEMED ACTIVITY DAYS • PROFESSIONAL COACHES • SIBLING DISCOUNT • PRESENTATION DAYS • MAKE FRIENDS • LEARN NEW SKILLS

LIMITED SPACES - BOOK TODAY!



Find us at:
Beechwood School
Tunbridge Wells, TN2 3QD

£25 per day
Early drop-off and weekly discount available





Rotary Gala Concert

Friday 12th April 2024 7.00 - 9.30pm
Cobham Hall, Brewers Road, Cobham, Gravesend DA12 3BL



Six fabulous artists in solo and ensemble at the beautiful Gilt Hall



GERARD BROOKS
ORGAN



MARGARET WATSON
HARP



ISIA MORGAN
CELLO



ANNIE TALLBOY
RECORDER



CAROL ANNE WELLS
PIANO



MARK UNDERWOOD
FLUTE

Tickets: Advance Booking: Adults £35, 18 years or below £20
After 14th March Adults £40 and £25

Book online: jumblebee.co.uk/galaconcert or scan QR code

Email: RotaryGWE@gmail.com

Enquiries: 07341 274689 (contact Liam)

Light refreshments included. Ample free parking onsite.

Gravesham with Ebbsfleet
Rotary

All proceeds to PHAB and other Rotary supported charities
Gravesham with Ebbsfleet Rotary Trust Fund is a registered charity in the United Kingdom Charity no. 1195646

 [gwerotary](https://www.instagram.com/gwerotary) [gwerotary](https://www.facebook.com/gwerotary)

Workshop with Una Archer GMBPsS


Early signs of ADHD in girls

- 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
Registration: [please click here to register](#)



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

FEBRUARY HALF TERM CAMP

Chipstead Place Lawn Tennis Club


Tuesday 13th - Friday 16th of February

9:00-11:00 Red and Orange (Age 5-9)
11:15-13:15 Green and Yellow (10-16)

£60 for club member for the week
£70 for non members for the week
£20 per day for individual days

Contact adam@artennis.co.uk





St Gregory's Multi-Sports

For students aged 7 -13 year's old

If your child enjoys a range of sports such as Football, Tennis, Netball, Rounders, Cricket, Basketball, Badminton, Dodgeball and more, then perhaps he/she would like to attend St. Gregory's Multi-Sports

WHERE: St Gregory's School, Sports hall entrance, A26 St John's Road, TN4 9TX

WHEN: Tuesday 13 February
Wednesday 14 February
Thursday 15 February
Friday 16 February

TIME: 10 am – 3 pm

COST: £20 per day, if two or more siblings then £18 each per day.
Please make payment direct to

Account name BSPTS
Account 49877763
Sort 30-98-97

WHAT TO BRING: A packed lunch, plenty of fluids and snacks. It's also advisable to pack some sun cream and a sun hat.

WHAT NEXT: If you are interested in enrolling your child, please complete and sign the form below.
You will receive booking confirmation of your child's place via email.
Please book early to avoid disappointment - places are limited.

CONTACTS: (If you have any queries or further questions)
Kody at BSPTS bsportscoms@yahoo.com
Mr N Bradbury at St Gregory's School nbradbury@sgschool.org.uk