

AMHERST SCHOOL NEWSLETTER

19th EDITION - 2nd February 2024



MESSAGE FROM MR REID



Power Issues Update

Your child may have mentioned that we have had two electrical power issues in the last week (Friday 26th and

Monday 29th January) which caused the school to have no power during the afternoon. UK Power Network resolved the issue on Monday and I hope there is no repeat.

I would like to thank children and staff for being so adaptable and flexible.

Thank you to the kitchen team who had to wash by hand on both occasions due to no dishwasher. It was great to observe teachers thinking on their feet and ensuring lessons continued with minimal disruption. We were fortunate that the Jubilee Building was unaffected which enabled After School Club to continue on each of those days. A lasting memory of what has been quite a testing week, was orchestra playing on Friday under the light of battery powered tea lights!

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Common Cognitive Distortions

I recently attended my regular headteacher group coaching session with the focus on exploring common cognitive distortions in children and adults. It was interesting to explore how we have habitual responses to situations that prompt some of the common cognitive distortions. These responses are not always helpful and can lead to unnecessary stress and anxiety.

If we can increase our own and children's self-awareness into how we are responding we have a better chance of improving how we manage challenging situations. It was reassuring to note that they were common responses, which all of us fall into the trap of thinking like sometimes.

- **Mind Reading** - When you assume you know what others are thinking or feeling
- **Should-thinking** - When you have rules or expectations how things or people should be/act
- **Overgeneralising** - When a single negative event occurs and you believe it is a pattern
- **Personalisation** - When you feel personally responsible or guilty for things you can't control
- **Owning the truth** - When you are certain you are right and your opinion is the truth
- **Catastrophising** - When you expect the worst case scenario to happen to you
- **Emotional reasoning** - When you believe that how you feel is evidence or reflects reality
- **Fortune-telling** - When you think the future is set in stone and the outcome is sure
- **Control Fallacy** - When you assume you can control everything that happens in your life



Wear Something Red

On Friday 9th February we are supporting the charity ECHO by wearing something red to school (with your school uniform). Our connection with this charity is linked to George W-B (5HR). George was born with six heart defects and has been treated at The Evelina Children's Hospital in London since birth. He has undergone three open heart surgeries, the first being when he was only 6 days old. ECHO have supported George's family since he was born. ECHO has grown to be a wonderful charity that provides much needed support to individuals and whole families, supporting families across the whole of the UK. Funds they raise also help to buy essential equipment for the cardiac ward at The Evelina's Children's Hospital.

For more information, please see: [Evalina London](#) / [ECHO](#)

Donations to this charity are welcome via www.schoolgateway.com (HEART MONTH FUNDRAISING 2024).



Young Voices

On Tuesday, Year 6 took part in the Young Voices Concert at the O2. Children and teachers had a fantastic time ... feel free to [view a snippet](#) of the event here.

I hope you all have a wonderful weekend.

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.



LIBRARY BOOK REQUEST

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

THANK YOU to **Eloise, Emily and Emme** from **4C** who organised a class raffle to raise money for the school library last Friday. They raised £18!!



CLUBS

Week 5-9 Feb: All clubs are expected to run as normal.



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.



YEAR 6 BIKEABILITY

We have a **few open spaces** for **Bikeability** on **Tuesday 2nd April** and **Wednesday 3rd April**. We urgently need to confirm numbers. If your child is still interested in taking part, please indicate your interest on www.schoolgateway.com ASAP.



FUTURE DATES

- 7-9 February- Year 3 Roman Days— children dressing up as Romans
- 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 ECHO)
- 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)



HOCKEY SUCCESS

Ben G, Joey S and **Oliver K** were part of the Boys U10 team from Sevenoaks Hockey Club that won the Canterbury Cup at the weekend. A great achievement, playing some really competitive matches, winning all except one which they drew. Their next tournament is the Kent Cup on 4th March. **Well done boys!**



STAR OF THE WEEK

3CL	Eleanor S
3H	Jack P
3W	Henry S
4C	Henry H
4S	Jasmine M
4SF	Prakruti H

5A	Elias S-T
5HR	Lukas S
5J	Sonith S
6A	Jack T
6B	Dylan K
6W	Ronav D



YEAR 3 AND 6 BUDDY WORK



COMMUNITY EVENTS

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

VALENTINE TRAIL

10th - 18th February

Join our trail to find the pairs of animals

Pick up your entry form at reception.

Find the 10 pairs of animals.

Collect your prize from the Tea Room

Open daily (except Tuesday) from 1.30pm - 4.30pm

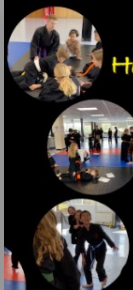


£3 per entry

Foal Farm Animal Rescue
Jail Lane, Biggin Hill, TN16 3AX
www.foalfarm.org.uk

Sevenoaks Jitsu

Holiday course now booking!



- 12th to 16th February
- 9.30am - 12.30pm
- £40 per morning
- Book as many or as few days as you want
- Opportunity to change belt faster 🥳
- No experience necessary - family & friends are welcome! (It's a great way to try it out!)

Contact Chris to book: 07914 805 339; chris.sevenoaksjitsu@icloud.com

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

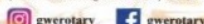


Tickets: Advance Booking: Adults £35, 18 years or below £20
After 14th March Adults £40 and £25
Book online: jumblebee.co.uk/galaconcert or scan QR code
Email: RotaryGWE@gmail.com
Enquiries: 07341 274689 (contact Liam)
Light refreshments included. Ample free parking onsite.

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



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