

Happy half term!

AMHERST SCHOOL NEWSLETTER

20th EDITION - 9th February 2024



MESSAGE FROM MR REID



Safer Internet Day

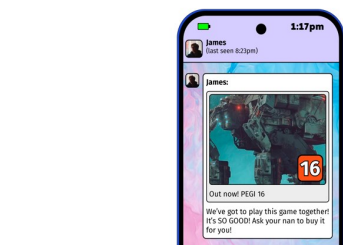
On Tuesday it was Safer Internet day which was the focus of my assembly. We began by discussing and looking at the development of technology over

time. The areas we covered:

- **Education** - progression from a blackboard to the digital interactive screens we have now
- **Gaming** - progression from gaming in arcades to modern consoles at home and online
- **Phones** - progression from having just one landline phone at home to the individual smartphone
- **Music** - progression from vinyl (although has made a comeback!) to streaming

I felt quite old when the children and staff looked blankly at some of the images of old devices. We moved on to discussing how the Internet influences us by exploring a range of online scenarios. Below are examples of scenario we looked at to provoke discussion. We looked at nine in total.

Your friend sends you a link to a game and says, "We've got to play this game together! It's SO GOOD! Ask your nan to buy it for you!" You look at the game. It has an age rating of 16+.



A video titled: "We just did the CRAZIEST challenge YET! We DARE you to try it too!"



It was good to be able to challenge some of the children's responses and explore further how we can be influenced without realising it. We continue to teach online safety as part of the PSHE and Computing curriculum.



**Connecting the
Children's Heart
Community**

ECHO Heart Month Fundraising

It has been wonderful today to see so many children and staff wearing something red in support of ECHO. So far we have raised £308.00. Thank you for your generosity and it is not too late to donate if you have not done so. By lucky coincidence Bradbourne were the winning house this term, earning their non-uniform day and so wearing their house colour red.

Happy half term!

I hope you all have a wonderful half term. I am looking forward to doing some mountain biking as my son has a new bike. I may struggle to keep up with him and I'm sure the routes and lines he selects will push me out of my comfort zone. Hopefully I will be injury free at the end of it!

NOTICES



REPORT ABSENCES

Please complete the quick [Daily Absence Form](#) on our website before 9.00am for **every day** your child is off school.



SEND WEBSITE– ADHD WORKSHOP

On Tuesday we held a parent workshop, led by Una Archer. The **presentation** and **handouts** are available on the SEND area of the school website, under Parent Workshops. [The SEND area of the website](#) now contains links to resources and information to support your child in all areas of SEND.



YOUNG VOICES

Please order your concert video by clicking here: <https://yv24film.co.uk>
[Click here](#) for some photos of the evening.



ORDER YOUR CLASS PHOTO

Please order your child's class photo via www.getphotos.co.uk and using the class codes below. The **cut off** for ordering photos with **free delivery** to school is **14 February 2024**.

Class	Code	Class	Code
3CL	gn8-ya9-pqry	5A	bj9-487-nngk
3H	42w-c7p-q7p8	5HR	h3q-vdf-w6fv
3W	b7c-g2y-xgxh	5J	cjw-d69-7vme
4C	y33-dfe-qb4g	6A	xqr-vj8-ebv8
4S	88f-hcp-ymct	6B	3kh-y77-vhdc
4SF	arc-uy6-xffn	6W	v4n-gww-69jv



CLUBS

Week 19– 23 Feb: **19 Feb - NO Little Musketeers** (extra session added for 18th March)

PTA

We are looking for a **new PTA Treasurer** to join the PTA Lead Team. You will have a full **handover** and **support** with our current treasurer. Please **contact our PTA Chair, Hayley Hansford** if you are interested: pta-chair@outlook.com



SCHOOL ORCHESTRA

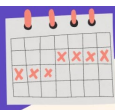
Does your child play an instrument to a Grade 1 or 2 standard? If so, they are very welcome to join our school orchestra which meets on Fridays after school in the hall. We include all the standard orchestral instruments (flutes, violins, clarinets, etc.) as well as guitars and recorders. Please complete our [CLUBS BOOKING FORM](#).

AMHERST CHOIR – LETTER SENT

Please note the dates in the choir letter sent this week:

- **Tunbridge Wells Arts Festival** - Saturday 2nd March, Kent College Pembury, 2.05 - 2.45pm
- **Amherst Music Concert** - Tuesday 26th March, Amherst School Hall, 6.00 - 8.00pm
- **Primary Partnership Concert** - Wednesday 24th April, Sevenoaks School, 1:30 - 3:30pm

We'd appreciate it if you can provide consent for the first two events via www.schoolgateway.com.



YEAR 4 – CARDBOARD NEEDED FOR SCIENCE WEEK

Year 4 are in need of **strong cardboard** and **tubes** for **science week** which is the week beginning 4th March. If you have of these at home, please can you send it in to school. Thank you.

FUTURE DATES

- 19 February - Term 4 Starts
- 2 March - Amherst Choir—Tunbridge Wells Arts Festival
- 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

STAR OF THE WEEK

3CL	Jasper K
3H	Kitty I
3W	Reuben M
4C	Emme M
4S	Mattie L-G
4SF	Emily T

5A	Chayila M
5HR	Daisy V
5J	Nathan I-C
6A	Freddie B
6B	Sydney W
6W	John A

TENNIS

A big **well done** to the children who represented Amherst in the recent **Sevenoaks Schools Doubles tennis competitions**.

Tom L, Charlie H, Jack F, William G, Ryan G, Todd R, Oliver K & Jacob B all took part in the Green Boys event with Jack & William just missing out on the bronze medal, finishing 4th overall in a strong field of 34 boys.

Annebelle W & Isabe N followed in the Green Girls and picked up the bronze medal after a close match in the semi-finals, losing to the eventual winners, a strong Granville pair.

Our pairings for the Red boys event, which comprised a huge 24 pairs of boys, consisted of **Tobias W & Oliver G, Raghava RM & Adj S, Oliver B & Vihaan G**. Tobias & Oliver finished as runners-up after a close final with Hilden Grange, Adj & Raghava finished 4th overall after battling for the bronze medal.

Well done to all of your for your hard work and preparation for the events at Chipstead Place LTC, you should be very proud of your efforts and the fantastic teamwork you demonstrated!



TABLE TENNIS

The U11 Amherst Table Tennis Team showed great spirit at the individual tournament held on 30 January 2024. They did really well, behaved brilliantly and supported each other!

Well done to **Jack F** who came second in the overall competition and **William W-E** who came second in the plate competition!



TAEKWONDO

The **Oaks Taekwondo Big Bash** competition on Sunday was attended by a number of children from Amherst School.

Henry W (4S) won gold in each of his competitions - patterns, sparring and special technique (flying side kick). This is a sport that chimes well with our well-being assembly as it's great exercise and the central tenets of taekwondo are: courtesy, integrity, perseverance, self-control and indomitable spirit.

Congratulations Henry and everyone who took part!



WATER POLO

On Wednesday 7th February, six children took part in the **Sevenoaks School Water Polo competition** against 7 other local primary schools.

Amherst played 6 matches and displayed fantastic teamwork skills, determination and perseverance throughout the event winning four matches and losing two. **A particular highlight was winning one match 11-0** with every team member scoring a goal! Overall, **Amherst ended up finishing in 2nd place!** It was a superb achievement and the children should feel very proud with their silver medals. **Huge congratulations to: Jack R (6B), Seb A (6B), Sara (6W), Grace G (6W), Tom L (6W) and Ryan G (6A).**



INTER-HOUSE COMPETITION

Our four houses have enjoyed some healthy inter-house competition over the past two weeks.

The house and vice captains organised **two great events**, starting with a **chess competition** last week and **music competition** this week. **For the chess competition**, those children selected to play were competing against peers in the same year group. Each match was timed, with points calculated at the end of each round, adding to the team total. It was wonderful to see so many children taking part and **final winners were Wolfe** followed by Knole, then Bradbourne and Amherst in joint 3rd place.

The inter-house music quiz involved a representative from each house from every class. Points were awarded for **correctly identifying the artist and song** from a short snippet of music. It was interesting to listen to a full array of musical choices from our year sixes who designed the quiz; everything from heavy metal and rock to pop. **The winning houses were Amherst and Bradbourne**, followed by Knole and Wolfe.


Well done to everyone who took part and to the house and vice captains for organising the events in their own time.



TERM 4 — PE ROTA

PTA NEWSLETTER

Term 4 – PE Timetable 2023/24					
Indoor PE sessions					
	Monday	Tuesday	Wednesday	Thursday	Friday
9.10 – 10.10					6W Gymnastics
11 – 12			3W Yoga		
1.35 – 2.30	5J Indoor Athletics (Coach)	5A Indoor Athletics (Coach)	3H Yoga	4C Indoor Athletics (Coach)	6B Gymnastics
2.30 – 3.25	4SF Indoor Athletics (Coach)	5HR Indoor Athletics (Coach)	3CL Yoga	4S Indoor Athletics (Coach)	6A Gymnastics
Outdoor PE sessions					
	Monday	Tuesday	Wednesday	Thursday	Friday
9.10 – 10.10					
11 – 12			6A Handball		
1.30 – 2.30	3H Tag rugby	4S Netball	6W Handball	5A Netball	5HR Netball
2.30 – 3.30	3W Football	4C Netball	6B Handball	5J Netball	4SF Netball
2.00 – 3.00 (Extra class)	3CL Netball				



YOUR AMHERST PTA

UPDATE

February 2024

UPDATE FROM THE CHAIR

I'm sure, like myself, you are pleased to see the back of a very cold and dark January!

It has been a quiet half term for the PTA team but after a very successful PTA meeting in January, we have got lots of ideas. We will be putting some of those ideas into action in the spring and summer terms, and look forward to brighter days and a lot of fun for the children!

Enjoy the half term break and thanks as always for your continued support.

Hayley x

LOOKING AHEAD

Dates of future events for your diaries:

22nd March - School Disco

Coming up later in the year:

26th April - duck race
17th May - ice lolly sale
6th July - Amherst BBQ
12th July - Year 6 leavers disco

Other events will be held throughout the year, such as sales of Team Amherst hoodies and water bottles, Quiz Night and family quiz event (dates to be confirmed).

P.S. If you are interested in joining the PTA team from September 2024, please do get in contact if you would like any further information!

Please [click here](#) to read the February 2024 newsletter.

CONGRATULATIONS to **Eddie I** who won the Valentine's Raffle today!



CHILDREN'S MENTAL HEALTH

TIPS FOR FAMILIES

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

Talking to your child about mental health

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



PRINT ME OUT!

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!

Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



PHOTOS FROM THIS WEEK



COMMUNITY EVENTS

WE ACCEPT
CHILD CARE
VOUCHERS

MEGA CAMPS

KIDS DAY ACTIVITY CAMPS

CHILD CARE FROM
8am - 6pm

AGES
4 - 14

FEBRUARY CAMP 2024

EARLY BIRD OFFERS END 2nd FEBRUARY
CHECK WEBSITE FOR DATES & LOCATIONS

NERF WARS

KIDS FAVOURITE

MEGA ACTIVITY

WALL CLIMBING

ANIMAL WORKSHOP

DIFFERENT MEGA ACTIVITIES EACH DAY AS WELL AS FOOTBALL, ARCHERY, DODGEBALL, ROUNDERS, KNUCK CRICKET, BASKETBALL, TEAM GAMES, ARTS & CRAFTS AND MUCH, MUCH MORE...

MULTIPLE LOCATIONS THROUGHOUT
ESSEX, KENT & SURREY

VISIT WEBSITE FOR A FULL LIST OF 2024 DATES & LOCATIONS

BOOK ONLINE NOW!

OFSTED
Registered

WWW.MEGACAMPS.NET

OR CALL 0333 012 4376

ALL OUR
STAFF ARE
DBS
CHECKED

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

BOOK NOW!
for the LOWEST
weekly rates!

SCHOOL HOLIDAY CHILD CARE EXCLUSIVE SCHOOL DISCOUNT!

USE CODE
SCHOOL10
For an EXTRA 10% off a week!
Not available in conjunction with other offers

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Save up to £20 with our Early Booking offer and your exclusive discount!
Book by 15th February to guarantee your "lowest weekly rates!"

Visit barracudas.co.uk
or call 01480 467 567

BARRACUDAS
CHILD CARE

FEBRUARY HALF TERM WORKSHOP

Monday 12th
Tuesday 13th

£30 per day

Age 4 - 11 years

Team work makes the dreams work!

Half Term Dance Workshop
Dancing, Games, Crafts and more...
At Amherst School, 10:00am - 3:00pm

To Book please contact: amy@sevenoaksdance.co.uk

DANCE

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

ISLA 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

www.gwerotary.org

The Outdoors Project
OFSTED REGISTERED

NATURE NINJA
We combine nature with ninjas

CAMPFIRE COOK

"NO SCREENS, JUST GOOD FUN OUTSIDE"

WILD LIFE

FEBRUARY 1/2 TERM HOLIDAY CLUBS

"Childcare during the holidays they want to go to"
Fresh air. Fresh activities. Fresh attitude.

Dunton Green Primary TN13 2UR

MONDAY 12 FEB
NATURE NINJA CRAFT & ADVENTURE
A day of nature immersion & positive tech. Craft a pebble ninja & throwing star, contribute to a giant Japanese leaf print mural & work in a team using a camera to find hidden ninjas in our stealthy spy scavenger hunt.

TUESDAY 13 FEB
NERFAGEDDON - NERF & ADVENTURE GAMES
An action-packed day of high-energy, tactical, base-invasion Nerf & adventure games: Zombie Apocalypse, VIP, & Capture The Flag. We'll provide the blasters & fun, you provide the kids!

WEDNESDAY 14 FEB
ROBIN HOOD DAY
Join Robin and his merry men on a brave adventure. Craft personalised bows & mini shields, take part in medieval games & join the stagecoach robbery - 'rob from the rich & give to the poor!'

THURSDAY 15 FEB
WINTER CAMPFIRE COOKOUT
Join us around the campfire for bushcraft whittling a roasting fork, cooking delicious snacks of cinnamon rolls & marshmallow fluff biscotti bombs, plus plenty of adventure & games to keep warm & burn off the sugar.

FRIDAY 16 FEB
ANIMAL AMBASSADORS: SEA WOLVES, SEA TURTLES & RED PANDAS
Learn about endangered animals, their habitats & how they survive & thrive. Get hands-on creating sea turtles, building dens for sea wolves & treehouses for the red pandas.

"BEST HOLIDAY CLUB AROUND"
★★★★★

ANIMAL AMBASSADOR

For more info on dates, locations and how the clubs run & to book: www.theoutdoorsproject.co.uk