

Dare TO BE YOU

The power of Kindness

AMHERST SCHOOL NEWSLETTER - 11th EDITION - 22 November 2024



MESSAGE FROM MR REID

Kindness—take 2!

Both my assemblies this week have continued exploring the theme of kindness. I have been reading to the children Chapter 7 (Cool to be Kind) from *Dare to be You* by Matthew Syed. If you haven't read this book I would highly recommend it. The blurb on the back states:

- *What if you stopped worrying about fitting in?*
- *I'm going to let you into a secret.*
- *Are you ready?*
- *There's no such thing as 'normal'.*
- *Defy self-doubt, fearlessly follow your own path and be confidently you!*

Chapter 7 explores the power of kindness and shares research to prove that kind people have more friends and are more successful. Being kind can help us to feel less nervous and more confident in social situations.

We also explored being kind to yourself. Matthew Syed provides five top tips for achieving this:

- 1 Find a routine with sleep** - Find routines that work for you so that you can sleep well. It might be going to bed at the same time each night. It might be having some water by your bed in case you wake up thirsty. It might be reading for twenty minutes to relax and unwind.
- 2 Find time to get exercise** - Exercise is brilliant. Why? Because it releases a whole load of feel-good endorphins which make you feel amazing. So ramp up your efforts in PE lessons, take a good long walk or think about joining a local sports club.
- 3 Find things that make you feel calm** - Try to find something you can do if your mind starts racing and you begin to feel overloaded. It might be reading, listening to music or absorbing yourself in a drawing. Whatever works for you.
- 4 Take time away from screens** - Put down your screen and try something different. Rather than spending an afternoon scrolling or playing games online, arrange to meet your friends in person or spend time with your family. There is so much else going on out there - go and find it!
- 5 Don't bottle things up** - Find time to talk to friends, family or teachers about things that cause you anxiety. You won't be the only one - everyone has things that worry them.

I am excited to be accompanying Amherst Choir to the Royal Albert Hall on Monday to take part in the Barnardo's Young Supporters Concert and I look forward to seeing you all at Parents' Evening next week.

I hope you all have a great weekend.

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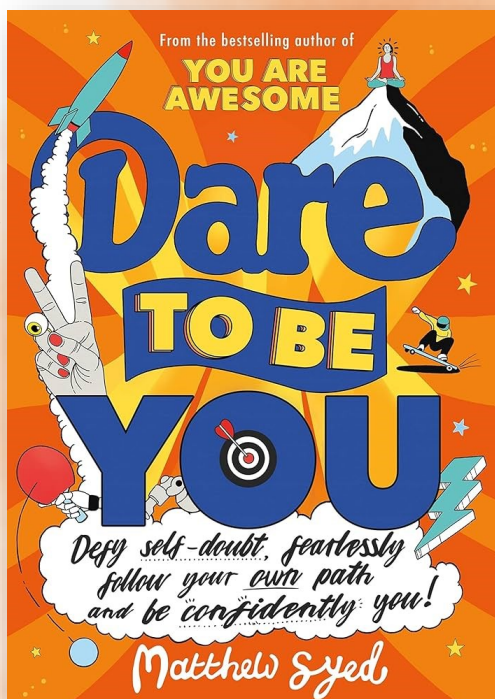
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Mr Reid

NOTICES



REPORT ABSENCES

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



CLUBS WEEK 25-29 NOVEMBER

26/11—NO Table Tennis Squad

27/11—NO Curling Club / Year 6—Love to Dance Auditions is ON 8am.

28/11—NO Amherst Choir / NO Coding / NO Girls Football

29/11—ALL CLUBS END, with the exception of:

Extra session booked for Little Musketeers on 02/12 & Mandarin Club on 04/12



YEAR 6 – LOVE TO DANCE

This academic year we will be participating in Love 2 Dance at the Stag Theatre on the 24th March 2025. We will be holding auditions on Wednesday 27th November at 8am in the school hall. There is no need to prepare anything, please come in own clothes ready to dance!



YEAR 6 – YOUNG VOICES – PARENT SIGN UP

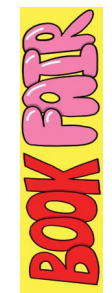
Several children have asked how to access the songs at home and we will also be setting this as homework closer to the trip. Please click on the following link to enable your child to access the songs at home—[Parent Sign Up](#)



CHRISTMAS LUNCH – BOOK YOUR CHILD'S MEAL

Please can you make sure to inform us of the your child's meal preference for the Christmas Lunch, NO LATER than 30/11/2024. In the comments box on www.schoolgateway.com, please indicate if your child would like a:

- Main Meal
- Vegetarian/Vegan Meal
- Packed Lunch (sent in from home)



BOOK FAIR

Thank you for generously supporting our book fair this week!

We had a record number of sales which will enable the school to have WONDERFUL NEW BOOKS in classrooms and the library.



PARKING

Parents, please consider our neighbours and children walking to school when parking at drop off or when collecting your children from school.



FREE SCHOOL MEALS

To see if your child is eligible for Free School Meals, and to apply, please follow the link: <https://www.kent.gov.uk/education-and-children/schools/free-school-meals#tab-2>
If you need any help completing the form please contact the school office.



25 November	- Amherst Choir Barnardo's
26 & 28 November	- Parents Consultations
29 November	- Clubs End
2 December	- Year 5 Victorian Day
7 December	- PTA Christmas Bazaar 12.00pm
9 December	- Year 4 Christmas Production 2.00pm
10 December	- Year 4 Christmas Production 6.00pm
13 December	- PTA Cake and Hot Dog Sale
16 December	- Secrets Room
16 December	- Carol Service 6.00pm
17 December	- Whole School Pantomime Trip
18 December	- Christmas Lunch
20 December	- Last day of term

LET'S CELEBRATE

STAR OF THE WEEK

3B	Theo E	5A	Lakshmi P
3CL	Hayley E	5HR	Lydia K
3WH	Jacob G	5J	Oliver L
4C	Emily F	6A	Edward S
4SF	Leo K	6MW	Noah W
4T	Joshua P	6W	Roman H

CHARITY FUNDRAISING FRIENDS FOR FAMILIES (SEVENOAKS)

A huge thank you to everyone who supported our local charity 'Friends for Family' on Thursday.

In the morning, many children and parents took part in a refreshing **cross-country run**! In the afternoon, we had our **cake sale**. Huge thanks to all of those children and parents who made cakes for the sale and School Council children who stayed behind to help with the sale. We have raised some much needed funds for the local charity and the final total is: **£328.70**



SMARTPHONE FREE

For those parents who are following the **Smartphone Free Childhood Campaign**, please note that you can **access** the Smartphone Free Childhood **webinar** that was hosted on Monday evening by clicking on the image below.



CHRISTMAS IS COMING!



CHRISTMAS

BAZAAR

Saturday

7 December 2024

12 - 3pm

We hope you will all join us for an afternoon of fun and festive activities!

During the afternoon, the children will have the opportunity to play **fun games** which the Year 6 children have created and Mr Reid will host the **Amherst Hamper and Grand Draw**. You will be in for a treat with our luxury hampers and wonderful grand draw gifts, again donated by members of our school community and local businesses. (Tickets for the Amherst Hamper and Grand Draw will shortly be sent to you via your child's bookbag.) In addition to that we have an array of stalls, tombolas and our very own Santa in his Grotto!

Christmas - Donations this week

25-29th
November

Just a friendly reminder that we will be collecting the following items below for the upcoming Christmas Bazaar.

There will be collection boxes in the reception area as you enter the school, between the double doors. Could we ask that all donations be left there please.

CHOCOLATES - (big or small, bags or bars...it doesn't matter!) Please NO NUTS or containing alcohol!

TOYS - Games and puzzles, complete and in good condition. No books please!

STOCKING FILLERS - ANY stocking fillers for men, women or pets which could include toiletries, pamper products, dog treats....or any other small items!

MYSTERY BAGS - Today your child will be sent home with 2 paper bags. The bag(s) can be decorated by your child (if they are keen!) and we are asking that your child please bring back the bags filled with around 5 small items.

In trying to be more environmentally friendly, we encourage you to re-use/re-home items from around the house. This is the perfect time for parents to rummage around the old junk drawers for anything your child no longer plays with, or perhaps, those party bag goodies they only used a few times! Some ideas: pencils/pens, rubbers, stickers, fake tattoos, notepads, small toys, sweets, slime, etc.... try to make them unisex for either a boy or girl.

A huge effort goes into making this event successful for our school fundraising, and fun and memorable for the children!

We can't thank you enough for your continued support and generosity!



Ho ho ho!

COMMUNITY EVENTS

Westerham Singers Christmas Concert

ST JOHN THE BAPTIST CHURCH
HOSEY HILL, WESTERHAM

Friday 13th Dec at 7pm

Adults £5 Children £2.50

Book your tickets now!



<https://www.ticketsource.co.uk/null/t-noxekyz>

Fri, 13 Dec at 19:00

Westerham Singers Christmas Concert

Hosey Hill, Westerham, TN16 1, United Kingdom



Riverhead Parish Council

Invite you to

Christmas Lights & Carols

Thursday 5th December

6pm

The Heights

Free Mulled Wine & Mince Pies

Join with St Mary's Church choir for Christmas carols

NEXT THING EDUCATION CAMPS PRESENTS

XMAS TECH CAMP

Ages 5-11

Virtual Reality

3D Festive Decorations

Engineering

Rocking Robots

30TH, 31ST DECEMBER & 2ND, 3RD JANUARY
£39.99 PER DAY

Ages 5-11, 9 am - 4 pm daily

CHILD CARE VOUCHERS ACCEPTED

FIND YOUR NEAREST CAMP ON OUR WEBSITE:
www.nextthing.education



Xmas Dance Workshop

Last minute Xmas shopping to do...? Why not leave your children with us to have a day of Festive Fun, Singing, Dancing and making Xmas Crafts!

One Day Workshop
Monday 23rd December
10am-3pm, 4-11 years

At Riverhead Infants school, Worships Hill Sevenoaks TN13 2AS

£30 a Day

Contact: amy@sevenoaksdance.co.uk

CHRISTMAS WITH THE SEVENOAKS PLAYERS

OTFORD VILLAGE HALL

DECEMBER 15 - 19:30
DECEMBER 16 - 14:30
DECEMBER 14 - 19:30

TICKET PRICE
£12.50

BOOK YOUR TICKETS AT:
WWW.TICKETSOURCE.CO.UK/70AKSPLAYERS

A CHRISTMAS STYLE CABARET WITH A BAR - TICKETS £12.50

Our very own Alf K (4T) will be performing in the show!

BUZZERS ACADEMIES Christmas & New Year

Drama • Face Painting • Gymnastics • Sports • Arts & Crafts
Quizzes • Taekwondo • Dance • Cheerleading • Music

Where?
WEST WICKHAM -

Oak Lodge Primary School, Chamberlain Crescent, West Wickham, BR4 0LJ

Who?
Boys and Girls aged 4 (Reception class) to 12

When?
Monday 23rd December 2024
Thursday 2nd January 2025
Friday 3rd January 2025
10am to 4pm

Price?
£37 per child

10% EARLY BIRD DISCOUNT

For bookings made before Sunday 1st December. Use code EARLYBIRD10

BOOK: www.buzzersacademies.co.uk

ENQUIRE: camps@buzzers.org.uk

