



MESSAGE FROM MR REID

Vodafone Digital Parenting

I would like to take the opportunity this week to highlight the excellent Vodafone Digital Parenting resource. It is a great place to explore tips on a whole range of digital topics.

<https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/>

How to do screen time for your family

As it's likely each family will need to take their own bespoke approach to screen time, here are some issues to consider as you set your own screen time rules and guidelines with your children.

Manage expectations. Agree to daily maximum screen time for children – and adults so they can act as role models.

Be realistic about academic and professional screen time and factor that into your goals. Some families find success with setting certain tech periods rather than specific tech times – late afternoon, for example – so teens and parents are clear on when they can expect to speak to their friends.

Set screen breaks. Developed in the 1980s, the Pomodoro time management method uses a timer (handily, there's one on your phone) to set focus intervals, often in 25-minute chunks. When the timer buzzes, step away from your screen for a break.

Keep yourself honest with screen time tracking services and apps. Almost all modern smartphones, tablets and computers have settings that track screen time and activity (parents may want to check these, too!). Apple Screen Time allows parents in iOS households to manage iPhones and iPads remotely, restricting access at certain times and setting limits on specific apps. Android households can use Google Family Link to remotely set time limits, device curfews, and to approve or block any specific apps that a child wishes to download.

Consider the type of screen time. Talk to your family about balancing passive time with creative initiatives. The online safety experts Digital Awareness UK worked with Vodafone to create Digital Parenting Pro and this introduction to parental controls and safety settings to help monitor the type of online activities children engage with. The charity Place2Be has useful guidelines for talking to children about gaming and other digital activities.

Set offline activity goals. Factor in family time that doesn't include gaming or watching a film. Keep an aspirational list in your kitchen, so whenever you hear 'I'm bored', you have an easy backup plan. Make sure, as the NSPCC advises, that parents set a good example for kids by also limiting their screen time.

Designate phone-free times and zones. Establish a few parts of your home, and activities, where screens are not permitted, for example the dining table or bedtime.

Most experts agree that being able to have a bedtime routine that is screen-free helps everyone get better-quality rest

Governor update

Finally, I would like to thank Kath Baillache who has stepped down as our Clerk to Governors with last night being her final meeting. She has been clerk for 15 years and has been a huge source of expertise and support. Kath was also in the past a teaching assistant and parent at Amherst. She has given so many hours to Amherst over the years; her hard work and dedication is greatly valued. We welcome Tanya Lopez as our new clerk.

I hope you all have a good weekend.

Mr Reid

CONTENTS

Message from Mr Reid
PAGE 1

Notices
PAGE 2

Let's Celebrate
PAGE 3

Trip & Workshops
PAGE 4

Community Events
PAGE 5 & 6

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 10 – 14 FEBRUARY 2025

05/02 - Wednesday - NO Chess Tutoring

All other clubs are expected to run as normal next week.



PTA

We are pleased to announce that **Amanda Pearce (5A parent)** has kindly offered to take on the role of secretary, effective 4th February. Please join me in **welcoming Amanda to the role** —we look forward to working with her!



BREAKFAST AND AFTER SCHOOL CLUB

If you are in need of wraparound care, please complete our [booking form](#). We have open spaces on the following days:

Breakfast Club —All days

After School Club —Mondays and Fridays



LETTERS SENT

Year 6 — Leavers' Hoodie letter



12 February	Interhouse Activities
14 February	Last day of term 3
24 February	First day of term 4
27 February	Year 3 - Roman Day 3WH
28 February	Year 3 - Roman Day 3CL
5 March	Year 3 - Roman Day 3B
6 March	World Book Day
11 March	Science Day
14 March	Clubs end
14 March	Open Afternoon - 2.45pm
17 March	Year 6 - Parliament Trip 6A
19 March	Year 6 - Parliament Trip 6MW & 6W
21 March	PTA Meeting - 1.45pm
21 March	PTA Cake and Hot Dog Sale 3.30pm
22 March	PTA Spring Ball
24 March	Year 6 - Love to Dance Show - Stag Theatre
25 March	Parent Consultations
27 March	Parent Consultations
28 March	PTA School Disco
31 March	Year 3 Easter Production - 2.00pm
1 April	Year 3 Easter Production - 2.00pm
1 April	Amherst School Music Festival - 6.00pm - 8.00pm
4 April	Last Day of Term 4

SCHOOL DISCO

28TH MARCH 2025

YEARS 3 & 4 | 4:30 - 6.00PM
YEARS 5 & 6 | 6.00 - 7.30PM

BOOKING VIA [PTA EVENTS](#)
CLOSING MIDNIGHT 25 MARCH
£5 PER CHILD

SQUASH & SNACKS INCLUDED BUT PLEASE BRING OWN WATER BOTTLE

FINANCIAL SUPPORT

It is not too late to make your annual voluntary donation to our Enrichment Fund. If you would still like to do so, please donate via www.schoolgateways.com.

Please find below few other ways in which you are able to support Amherst School financially, Please [click here](#) for more information:

If you would like to **GIFT AID** any donation, please click on the [Gift Aid image](#) below:



LET'S CELEBRATE



STAR OF THE WEEK

3B	Toby B
3CL	Elliot H
3WH	Anthony M
4C	Alice M
4SF	Jonah R
4T	Bo D

5A	Torben A
5HR	Edie S
5J	Conor B
6A	Johana H
6MW	Seb K
6W	Noah S

DARE TO BELIEVE

On Thursday 6th February, six children from Year 6 participated in the local 'Dare to Believe' PE festival which focused on children playing different sports that are inclusive for all ages, abilities and disabilities.

The sports involved were: boccia, seated volleyball, table cricket, goalball, bowling and curling. The aim was for the children to choose some of their favourite sports to bring back to Amherst - seated volleyball was a particular favourite!

Well done to Cicely (6A), Lauren (6A), Johanna (6A), Roman (6W), Rylee (6W) and Haris (6W).

They were a pleasure to take and a real credit to Amherst!



NETBALL

On Monday 3rd February, 14 pupils from Year 6 took part in two netball tournaments at Walthamstow Hall. One team won their entire tournament, beating all four schools in the pool stage and going on to win the final against St John's - an amazing achievement! Our other team won three out of their four pool matches, narrowly losing to St John's by one goal!

In the Bronze medal play off against Walthamstow Hall the score was tied at full time. Wally Hall just ended up on top after extra time, therefore securing 4th place (out of 10 teams) for Amherst - an excellent result against very tough opposition.

Well done to everyone who played!



YEAR 4 - SCIENCE SHOW

On Tuesday 4th February, Year 4 were visited by Mr & Mrs Woods who did a fantastic show on electricity. The show featured many exciting (but dangerous!) experiments including electrocuting a sausage and ball-lightning in a microwave. At the end of the show, many questions were asked...we were so sad that the show had to end!
William R 4C

I saw so many things! You might not believe this, but they trapped some electricity inside a bottle...and when it was full to the brim, the spark made a sound and... ZAP!
Emily F 4C



The show was amazing with lots of cool experiments! One of the experiments was melting glass (which is an insulator) so it doesn't allow electricity to pass through it. Mr & Mrs Wood attached wires to the glass and started blowtorches trying to melt the glass! After about 30 seconds, the glass turned red-hot so he stopped and let the electricity heat up the glass until it was white hot.

James 4C

We were amazed at what we saw: there was glass being melted, flashes of sparks and much more! Mr Wood used an invention full of volts to burn a gherkin, which turned bright yellow because it was made up of sodium.

Joseph L 4C

YEAR 6 - YOUNG VOICES

On Tuesday our Year 6's went to the O2, to be part of an 8000 strong Young Voices choir— the world's largest children's choir. They sang along to the likes of MC Grammar and Tommy Blaize and danced the night away while singing their hearts out—year 6 was on top form indeed! Please [click here](#) for more photos.



COMMUNITY EVENTS

FEBRUARY HALF TERM WORKSHOP



Monday 17th
£40 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



VALENTINE TRAIL

14th - 23rd February



Join our trail and take part in our animal quiz

Pick up your entry form at reception.

Answer the questions and
collect your prize from the Tea Room



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



£4 per
entry

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

FEBRUARY HALF-TERM CAMP

Chipstead Place Lawn Tennis Club

Tuesday 18th - Friday 21st of February

9:00-12:00 ages 5-10

All standards welcome & rackets can be provided if
required!

£80 for club member for one week

£90 for non members for one week

Individual days available upon request

Contact adam@artennis.co.uk

PETER PAN

Auditions

Event Details

AUDITION 1- Tuesday 25th February 2025

5.00pm - 6.00pm (7-12 years old)

6.00pm - 7.00pm (13-21 years old)

STAG Theatre, London Rd, Sevenoaks, TN13 1ZZ

AUDITION 2- Monday 3rd March 2025

5.00pm - 6.30pm (7-12 years old)

6.30pm - 8.00pm (13-21 years old)

STAG Theatre, London Rd, Sevenoaks, TN13 1ZZ

For information regarding the Audition Process ([Click Here](#))

For information on Fees ([Click Here](#))

performed © The STAG Theatre. 8th - 10th May 2025

Parent courses

Our expert parent support workers are sharing their tried and tested approaches. We have created the following online parenting courses to support your family.



TONBRIDGE MUSIC CLUB
presents

PETER AND THE TIMBER WOLF

with Kidenza and Ann Bryant (author and narrator)

A FAMILY CONCERT FOR ALL AGES

Saturday 22 February 2025
Performances at 2pm & 3.45pm
All Tickets £12

EM FORSTER THEATRE
TONBRIDGE SCHOOL

emftheatre.com 01732 304241
emftheatre emforstertheatre emforstertheatre

A FAMILY CONCERT FOR ALL AGES
WITH KIDENZA AND ANN BRYANT

EM FORSTER THEATRE
TONBRIDGE SCHOOL



IN THE COMMUNITY ANGELS CAMPS Soccer

On the new Tonbridge Angels 3G pitch!

Football coaching & fun football themed activities for girls from school years 2-9. Our team of FA qualified coaches will help the children develop their football skills in a fun and friendly environment.

Special Girls day For school years 2-9

GIRLS ONLY SESSION
FRIDAY 21st February 2025 (9am - 3pm)

Scan to book now using our online booking system <https://tonbridge-angels-class-forkids.io> **Book Now!**

£25 for the day (9am - 3pm)

Make sure you wear the correct footwear and bring a water bottle and packed lunch!

Footwear Guide



Tonbridge Angels Football Club
Halcyon Wealth Longmead Stadium, Darenth Avenue, Tonbridge TN10 3JF

IN THE COMMUNITY ANGELS CAMPS Soccer

On the the Tonbridge Angels 3G pitch!

Football coaching & fun football themed activities for boys & girls age 5 to 12 years. Our team of FA qualified coaches will help the children develop their football skills in a fun and friendly environment.

February Half Term For school years 2-9

4 DAYS FOOTBALL COACHING & FUN
MONDAY 17th February
TUESDAY 18th February
WEDNESDAY 19th February
THURSDAY 20th February

Scan to book now using our online booking system <https://tonbridge-angels-class-forkids.io> **Book Now!**

£25 per day (9am - 3pm)
£80 for 4 days (9am - 3pm)

Family & friends discount offer
£140 for 2 adults for all 4 days
MVF25

EARLY BIRD 10% OFF
If you book by 31st Jan. 031074

Coach: Joe Tyrie, 111 years

Coach: Dan Walsh, 111 years

Make sure you wear the correct footwear and bring a water bottle and packed lunch!

Footwear Guide



Tonbridge Angels Football Club
Halcyon Wealth Longmead Stadium, Darenth Avenue, Tonbridge TN10 3JF

BUZZERS ACADEMIES

February half-term 2025

Tennis • Basketball • Gymnastics • Drama • Football • Cricket
Sand Art • Dodgeball • Dance • Science • Tag-Rugby • Cooking

Where?

Chevening Primary School
Chevening Road, Chipstead, Sevenoaks, TN13 2SA

Who?

Boys and Girls aged 4 (Reception class) to 12

When?

Monday 17th to Friday 21st February
8.30am-5.30pm (Extended day) or 10am-4pm (Camp day)

Price?

£37 per day (Camp day)
£7 morning extended hours & £7 afternoon extended hours
We accept CHILDCARE VOUCHERS

BOOK: www.buzzersacademies.co.uk

ENQUIRE: camps@buzzers.org.uk

