



5th Edition
3 October
2025

AMHERST SCHOOL NEWSLETTER

Activate Balance Check

internet
matters.org



Top tips to support children
aged 7-11 (Key stage 2)

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Mr Reid
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MESSAGE FROM MR REID

Online safety

This week I would like to take the opportunity to share an **excellent resource regarding online safety and managing screen time** at home.

This is a hard area to navigate as a parent and all families will have slightly different approaches. You may well be used to your child saying that they are the only one not to have something but handling this is a normal part of parenting!

Internet Matters has some excellent resources which could be useful to look at. They have created an **ABC checklist**:

Activate - Use the controls and tools available from broadband providers, online platforms and apps to install safe search settings, block inappropriate content and prevent contact from strangers.

Balance - Agree a good balance for your children's screen time, taking education and leisure content into account. Encourage active screen time over passive and consider setting limits for the total hours spent online each day.

Check - Check which apps your children use and the relevant age limits for each platform. Talk regularly about online safety and what they might come across so you can work together to manage any risks and keep online experiences positive.

To view the full resource please click on the link below:
[Internet Matters— Online Safety](#)

I hope you have a good weekend.

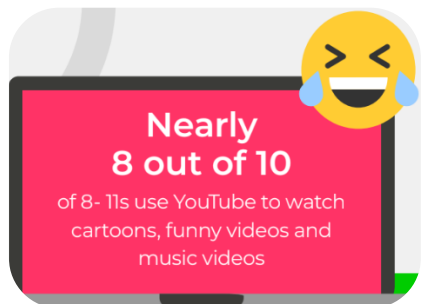
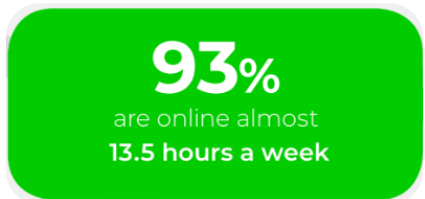
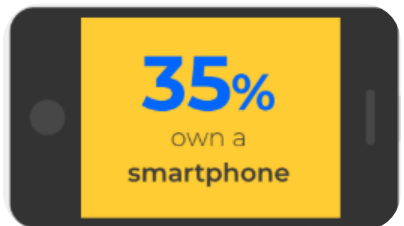
Mr Reid



At school we use **Project Evolve** as part of our PSHE and Computing curriculums to teach and equip children with skills they need in this area.

If you would like to know more about Project Evolve please [click here](#).

 Copyright and Ownership	 Managing Online Information	 Privacy and Security
 Self Image and Identity	 Online Reputation	 Online Bullying and Harmful Behaviours
 Health, Wellbeing and Lifestyle	 Online Relationships	



How are children using screens?

NOTICES



Attendance

REPORT ABSENCES

Please complete the quick [Daily Absence Form](#) on our website before 9.00am for **every day** your child is off school. Please also use the form for medical appointments, holiday requests and school visits.



CLUBS

Week beginning - 6 October 2025:

- **NO CLUB** - 07/10/25 Tuesday Table Tennis (Mr Reid) 08.15am
- **ALL OTHER CLUBS** should be running as **normal**.



GIRLS FOOTBALL CLUB — Please can the children bring **shin pads, boots** and a **tracksuit (top and bottom)** for when the weather turns colder and wet! This will enable the girls to keep going for the whole session! Thank you.



LETTERS SENT

Year 3—Rocks Day Letter
Year 4—Celebrating National Poetry Day
Year 6—DT Letter



SECONDARY SCHOOL TRANSITION MEETING

Please [click here](#) to view the slides of the secondary school transition meeting held on 23 September 2025.



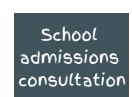
PARKING

Please be considerate towards our neighbours when you drop children off in the morning and collect them at the end of the day. Thank you for your support.



READING VOLUNTEERS

Thank you to those offering your help with year 6—it is SO MUCH APPRECIATED! There are two more classes that are still in need of parent readers—**Class 4SL & 5CS**. If you have any time to spare, please do not hesitate to contact us.



ADMISSION POLICY 2027/2028 CONSULTATION

As our own admission authority, we are required under the School Admissions Code 2021 to review our admissions policy annually and to consult on our arrangements at least once every 7 years. In line with our duties to consult please find our policy and admission arrangements on [this link](#).



PARENT HELPERS NEEDED

We are celebrating **HARVEST FESTIVAL** on **THURSDAY, 9 OCTOBER**.

If there are **any parents who are able to help drive the food to St John's** on this day we would be very grateful. We would appreciate your help at the following times:

- Please arrive at Amherst at 11.00am to load cars with the food
- Transport food to St John's 11.30-12.30pm

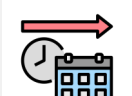
If you are able to help, please let us know via an email to office@amherst.kent.sch.uk.



CONSENT FOR LOCAL VISITS

Please give parental consent via www.schoolgateway.com for local off-site activities offered by the school – these activities usually take place during the normal school day:

- Chipstead Common Activities
- Walking to St Mary's Church
- Riverhead Village & Parkland (local study of our town)
- Walking to Bessels Green



TERM DATES 2026 – 2027

Please [click here](#).



NUT FREE SNACKS / FRUIT

Please can you ensure your children bring in **healthy snacks** to school.



MUSIC TEACHERS

Contact details for our music teachers are on the school's website or [click here](#).

LET'S CELEBRATE



STAR OF THE WEEK

3B	Briony M	5A	Alex T
3FB	Leo K	5CS	Stevie A-C
3WH	Evelyn L	5J	Bertie D-L
4C	Olive N	6A	Linus B
4HR	Arthur S	6DT	Tomas B-W
4SL	Louisa-Mae L-S	6N	Leonie S



IRISH DANCING

Elle competed in the Kent Championships of Irish dancing over the weekend. This was her second 'Feis' and she was placed fourth overall in her category in the county. She had a great time and especially loved receiving her medals, sash and trophy.



CROSS COUNTRY

Last Friday, 18 children from Years 4, 5 and 6 attended the Thomas Trophy cross country competition at Sevenoaks Prep amongst 417 runners.

All the children showed fantastic courage and determination to take part in their (very hilly!) races - 1.9km for the Under 9s and 2.2km for the Under 11s; for many of our Year 4s, this was their

first ever competition! The children were also extremely patient in waiting for their races and celebrating the winners at the end of a long afternoon!

Well done to all that took part (Ed K, Evie P, Cassia D, Ralph G, Jacob G, Andy G, Olive M, Teddy S, Oliver B, Rose M, Evie A, Samuel F, Evie H, Zach B, Raph H, Henry W, Jasper F and Max P), and special mention to Cassia and Ed who came 2nd and 8th in their respective categories.



STAGE PERFORMANCE

Alf K is performing in The Sound of Music at the Assembly Halls in Tunbridge Wells at the end of October.



Alf is playing the part of Kurt and our violin teacher Mrs Killpack will be Sister Berthe. Alf will be performing in the following performances:

Wednesday 29/10, 2:30pm; Thursday 30/10, 7:30pm and Saturday 1/11 at 7:30pm.

It would mean the world to Alf to have his Amherst friends come and watch him.



HOCKEY

On Monday children from Year 5 and 6 played in the Knole Sports Partnership's Hockey Festival. Congratulations to the team who walked away as deserved winners on the day: Xavier W (6DT), William W-E (6N), Yannike N (5J), Rosa K (6DT), Eloise P (6DT), Madeline K (6DT), Matthias L-G (6A) and Jacob L (6DT).



Please come along to our upcoming meeting on 7 October at 7pm in the Bullfinch Pub!



- AMHERST PTA HOSTS -

STAND UP COMEDY NIGHT

FEATURING 3 ACTS PRESENTED BY OUT OF BOUNDS COMEDY CLUB

FRIDAY 7TH NOVEMBER

**DOORS OPEN: 7.30PM
SHOW: 8PM - 10.30PM
VENUE: AMHERST SCHOOL**

BAR DRINKS WILL BE ON SALE THROUGHOUT THE EVENING

TICKETS £15 AVAILABLE ON CLASSLIST SHORTLY




Amherst Cake & Hot Dog Sale

Friday 10th October 3.30pm

Any baked donations (homemade or store bought) will be much appreciated - no nuts please!



Term 2 – PE Timetable

Indoor PE sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
9.10 – 10.10					
11 – 12			6N Gymnastics		4C Yoga
1.35 – 2.30	3FB Dance	5CS Dance	6DT Gymnastics	5A Dance	4HR Yoga
2.30 – 3.25	3B Dance	3WH Dance	6A Gymnastics	5J Dance	4SL Yoga

Outdoor PE sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
9.10 – 10.10					
11 – 12			4SL Handball (coach)		
1.30 – 2.30	5A Tag rugby	6A Football	4C Handball (coach)	5CS Hockey (coach)	3WH Football
2.30 – 3.30	5J Tag rugby	6DT Tag rugby	4HR Handball (coach)	6N Hockey (coach)	3B Tag rugby
2.00 – 3.00 (Extra class)					3FB Netball



FUTURE DATES



CALENDAR DATES

07-Oct	PTA AGM Meeting - 7.00pm @ the Bullfinch Pub
09-Oct	Harvest Festival
10-Oct	PTA: Cake & Hot Dog Sale - 3.30pm
10-Oct	PTA: Quiz Night
13-Oct	Year 3 - 3WH- Rocks Day Workshop
14-Oct	Year 3 - 3B - Rocks Day Workshop
15-Oct	Year 3 - 3FB - Rocks Day Workshop
16-Oct	LAST DAY OF TERM
17-Oct	INSET DAY
HALF TERM	
27-Oct	INSET DAY
28-Oct	TERM STARTS
31-Oct	Flu Immunisations - whole school
31-Oct	PTA: Meeting @ Bullfinch Meeting
07-Nov	PTA: Comedy Night - 8.00pm
12-Nov	Year 6 - Historic Workshops: WW2 Workshop
14-Nov	World Diabetes Day - Wear Something Blue - £1
14-Nov	Open Afternoon - 2.45 - 3.30pm
17-19 Nov	Book Fair - 3.30 - 4.15pm
18-Nov	Year 4 Trip - Battle Abbey
25-Nov	Parent Consultations
27-Nov	Parent Consultations
28-Nov	Clubs End
01-Dec	Whole School Pantomime
05-Dec	Year 4 - Christmas Production - Dress Rehearsal - 9.30 - 10.30am
06-Dec	PTA Bazaar - 12.00 - 15.00pm
08-Dec	Year 4 - Christmas Production - Matinee Performance - 2.00 - 3.00pm
09-Dec	Year 4 - Christmas Production - Evening Performance - 6.00 - 7.00pm
12-Dec	PTA: Cake & Hot Dog Sale - 3.30pm
15-Dec	Carol Service rehearsal - 1.30 - 3.30pm
15-Dec	Whole School - Carol Service - 6.00pm
16-Dec	PTA: Secrets Room at school
17-Dec	Christmas Lunch - 12.00 - 2.00pm
19-Dec	LAST DAY OF TERM

COMMUNITY

Community

EVENTS



OCTOBER HALF TERM FOOTBALL

*****Skills, drills, tournaments & medals*****



Booking is now OPEN for holiday football in October

We will be hosting 2 days of football camps at Knole Academy 3G

On 20th & 21st October 2025

10.30 am - 3.00 pm

Please confirm your place to avoid disappointment!

See the link to our NEW WEBSITE below to book

<https://www.chipsteadfc.co.uk/holiday-courses>

OCTOBER HALF TERM CAMP

Chipstead Place Lawn Tennis Club

Tuesday 21st - Friday 24th of October

9:00-12:00 ages 5-10

14:30-17:30 ages 11-16

All standards welcome & rackets can be provided if required!

£85 for club member for one week

£95 for non members for one week

Individual days available upon request

10% early bird discount if you book before the 6th of October

Contact adam@artennis.co.uk



Halloween Workshop

Sevenoaks School of Dance

Book our Halloween Workshop for a fun, creative, and friendly day!

Our workshop features Street Dance, Musical Theatre, Singing and even some Crafty fun and Games.

Come Dance, Create, and Make New Friends this Halloween!

For more information or to book, please contact: phoeb@sevenoaksdance.co.uk

Monday 20th October - £30 Per Day

10am - 3pm

Boys & Girls

Aged 4 - 11 Years

Amherst School,

Witches Lane,

Sevenoaks,

TN13 2AX

Oral Health in Schools Webinar

Please join us on: Thursday 9th October at 15:30pm

[Join the meeting now](#)

The Kent Community Health Oral Health Team will be holding a free webinar to our Oral Health Champions and colleagues.

Aim:
Aim: To enable you to provide oral health education to children in early years (KS1/2)

Objectives:

- To understand the importance of brushing and fluoride toothpaste
- Understanding sugar and the part it plays in causing decay
- Dental trauma and what to do
- To understand the importance of regular dental visits
- To know where resources are available

You will also be given information on our latest competition and how you can enter!



Scan our QR code to visit our website where you will find free Early Years resources



NHS
Kent Community Health
NHS Foundation Trust



CPD Certificate available!

HALLOWEEN SPOOKY TRAIL

20th - 31st October

Join in our trail to find the animals hidden in Halloween pictures around the farm
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

October 2025
Holiday Playscheme

at **Sevenoaks Primary School**

We are pleased to confirm that our October Half Term Holiday Playscheme will run from

Monday 20th October - Friday 24th October 2025

We will be offering the following sessions

Full Day (8am - 6pm) sessions £40.00

Half Day (9am - 3pm) £27.00

We accept Childcare Vouchers and Tax Free Payments

Breakfast, mid-morning snack and tea is available for full day bookings.

Half days include the mid-morning snack

Please bring a packed lunch

We use both inside and outside play environments which are set up by our team of qualified and experienced Playworkers to meet the interests of the children attending each day. The scheme will be full of child initiated and adult led activities including a vast selection of resources that can be freely chosen throughout the day including...

- Construction
- Small World
- Role Play
- Art & Crafts
- Board / Card Games
- Sports / Group Games
- Cookery
- Spooky Halloween fun
- Autumnal Activities

If you would like to book places please email childcare@play4ages.co.uk

Completed registration documentation is required prior to attending the playscheme and full payment will secure your place.

Booking early is recommended

Places cannot be changed or cancelled once confirmed.

The Play 4 Ages Team



OCTOBER CAMP 2025

AT ALL LOCATIONS - CHECK WEBSITE FOR DATES

FENCING

FANCY DRESS

KIDS FAVOURITE

INFLATABLE FOOT DARTS

ANIMAL WORKSHOP

DIFFERENT MEGA ACTIVITIES, ARTS & CRAFTS AND SPORTS AVAILABLE EACH DAY

MULTIPLE LOCATIONS THROUGHOUT ESSEX, KENT & SURREY THIS OCTOBER

CHECK WEBSITE FOR LOCATIONS & DATES

BOOK ONLINE NOW!

WWW.MEGACAMPS.NET

OR CALL 0333 012 4378





Opening of the SEVENOAKS

Walking, wheeling and cycling route



Join us on Saturday 11 October 2025 for an afternoon of free, family activities!

Sevenoaks Education Campus at 157 Seal Hollow Road TN13 3SP

- 12.30pm to 1.45pm – cycle repair workshop (run by The Bike Warehouse), bike marking and information stalls
- 1.30pm and 2pm – 30-minute cycle rides to Brittains Common

Brittains Common (by Brittains Lane)

- 1.45pm to 2.45pm – cycling goodie bag giveaway* and coffee van**

*subject to availability **charges apply

Find out more at www.sevenoaks.gov.uk/wvc or call 01732 227000.



www.familyfoodbank.org

Sevenoaks Family Hubs

We Are Here To Help!

A sudden drop in finances can happen to any of us for a number of reasons. Please do not suffer in silence.

We have a number of local Family Food Bank Distribution Points which can help you. So please get in touch!

- **Swanley Family Hub**, St Mary's Road, Swanley, Kent, BR8 7BU.
- **Tel : 03000 421545**
- **Monday – Friday 9.30am – 4pm.**
- Please phone in advance to arrange collection.

- **Edenbridge Children's Centre**, High Street, Edenbridge, TN8 5AB.
- **Tel 03000 420995.**
- **Monday - Friday 9.30am - 4.00pm.**
- Please phone in advance to arrange collection.



The Sound of Music

One of your favourite things...



Music by **RICHARD RODGERS**
 Lyrics by **OSCAR HAMMERSTEIN II**
 Book by **HOWARD LINDSAY**
 and **RUSSEL CROUSE**

Proudly supporting Kent Music

28 Oct - 1 Nov
Assembly Hall, Tunbridge Wells
www.twods.org



SCAN HERE TO BOOK

@TWODSMusicals

Suggested by "The Trapp Family Singers" by Maria Augusta Trapp. This amateur production of THE SOUND OF MUSIC is presented by arrangement with Concord Theatricals Ltd. on behalf of The Rodgers & Hammerstein Organization. www.concordtheatricals.co.uk