



## Children's Wellbeing in a Digital Age

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### MESSAGE FROM MR REID

#### Children's Wellbeing in a Digital Age

Yesterday I was invited to the House of Lords to attend a roundtable event led by The Rt Hon. Baroness Kidron OBE focussing on *Children's Wellbeing in a Digital Age: Issues and Solutions for Primary Schools*. The event was hosted by Coram Life Education and thank you to Maria Holden for inviting me to attend.



Members of the panel were asked to share their current experiences and possible solutions. Panel members varied from a GP, headteacher, teaching union representative and Smartphone Free Childhood campaign that we are already familiar with. After this was completed, the wider audience (which I was part of) was invited to share their thoughts and views.

I had the opportunity to share the positive impact it has had at Amherst by not allowing children to bring smartphones to school. I explained that this action encouraged other local schools to follow suit and was **wholeheartedly supported by parents**. It also leads the local community in understanding that it is not a good idea to give primary aged children smartphones.

There is so much research being conducted regarding the impact of screen time, in all its forms, on children from early childhood and parents' use of smartphones. **An area of increasing concern in nurseries and early years settings is the sharp increase in children's speech and language difficulties.** There is **growing evidence** that this could be **attributed to a lowering of parent and child verbal and emotional interactions.** If you are interested in research, *Revealing Reality* have completed a ten year project entitled *The Value of Childhood - The commercialisation of play, entertainment and learning in children's lives*. It is a very **thought provoking read**. An area I had not considered was the commercialisation of children through their online activity.

<https://think.revealingreality.co.uk/articles/the-value-of-childhood>



I hope you all have a good weekend.

# Mr Reid

Please can children have a break from bringing **BEYBLADES** in to school.

Thank you



10 November

REMEMBER TO WEAR



14 November

World  
Diabetes  
14 NOV Day

Wear something blue for £1.00

# 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. The form should also be used for medical appointments, holiday requests and school visits.



## CLUBS

Week beginning - 10 November 2025:

- **MONDAY**—Netball Club will now finish at **4.15pm** from this week.
- **TUESDAY**—Table Tennis (Yr3) is **cancelled**.

**ALL other clubs** should be running as **normal**.



## CHILDREN IN NEED – CAKE SALE

We would appreciate **MANY donations** of **cupcakes, bought cakes, homemade cakes** (ANY REALLY) for our **Children in Need Cake Sale** on **14 November 2025**. We have children in school with serious nut allergies. If they eat nuts or for some, are near them, they could get very sick. Please can you ensure that any donations made are nut free. THANK YOU!



## LUNCH MONEY

We hope the children have enjoyed the first week of our **NEW MENU!** Please can you remind you to make payment for school lunches via [www.schoolgateway.com](http://www.schoolgateway.com).

**Costs for the new term are as follows:**

Daily - £ 2.85 / Weekly - £ 14.25 / Term 2 - £ 111.15 (39 days)

If you would like to change your child's meal pattern, please [click here](#).



## MISSED FLU VACCINATIONS

- If your child missed the FLU vaccination during the recent school visit, you can make a booking now.
- Prior to booking you have to give consent via: <https://www.kentimmunisations.co.uk/> using the school code: KT136499.
- For bookings & availability please contact us directly on 0300 123 5205 option 1 .



## LETTERS SENT

Year 3 — [Intended Learning](#)

Year 5—Victorian Day letter

Year 6—Love to Dance letter

School Council—Cake Sale letter

Governor—Election Results



## VACANCY

We have a vacancy for a catering assistant for 5 days per week, term time only, working 10.30am- 2.30pm. Please apply via [www.kent-teach.com](http://www.kent-teach.com).



## 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](#). The consultation closes on Wednesday 12 November 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.

We appreciate that parking is a challenge with building works in the street. However, please note that it is not acceptable for parents to park in front of neighbours' driveways. Thank you for your support.

**Amherst Christmas Bazaar**

Food & Drinks | Festive Activities, Crafts and Games | Hampers, Raffles, Tombolas

**SAT 6 DECEMBER 12PM -3PM**

.....  
**Free Entry!**

**PTA SAVE the DATE**

# CHARITY WEEK



With the support of **Anti and Odd Socks**

ANTI-BULLYING ALLIANCE

This ANTI-BULLYING WEEK we are holding

**ODD SOCKS DAY** on **MONDAY 10<sup>TH</sup> NOVEMBER 2025**

Wearing your odd socks to celebrate what makes us all unique!

#OddSocksDay  
#AntiBullyingWeek  
#PowerForGood

With uniform!

ODD SOCKS

ODD SOCKS DAY

Wearing your odd socks to celebrate what makes us all unique!

With uniform!

The theme of this year's National Anti-Bullying Week is "Power for Good" which encourages everyone to use their influence to promote kindness and support others in preventing bullying. Throughout the school, we will be using our PSHE lessons to consider and discuss this important topic. The week begins with Odd Socks Day which celebrates what makes us all unique and different. Amherst invites everyone to wear "odd socks" in recognition of the importance of respecting each other's individuality.



thanks for your support

Non-uniform day!

WORLD DIABETES DAY

14 NOV

Wear something BLUE to support our fundraising.

Donations of £1.00 in class or via [www.schoolgateway.com](http://www.schoolgateway.com)



14 November

BBC Children in Need

Pudsey Bear

## Art Competition



3.30pm  
AFTER SCHOOL

We will appreciate donations of **cake** in support of CIN.

Payment: **CASH - 50p and £1.00**

## RULES

- Art must be **freehand** and not printed on outlined sheets.
- Children can use any medium.
- Your artwork must have a Pudsey Bear in it somewhere.

## Cake Sale



Please remember **CASH** or donate via [www.schoolgateway.com](http://www.schoolgateway.com)

# LET'S CELEBRATE



## STAR OF THE WEEK

3B	Louis C	5A	Rose M
3FB	Elsie-Mae C	5CS	Jasper K
3WH	Seth D	5J	Penelope N
4C	Libby H	6A	Emily G
4HR	Bea P-S	6DT	Madeleine K
4SL	Gracie-Sue L-S	6N	Evie M



## NETBALL

Our school netball team played two very competitive league games at Knole Academy on Tuesday. The first match was against St George's School - a very experienced team - who instantly set the pace with some great shooting and defensive play to lead the first quarter 3-1.

Amherst very quickly found their form and matched them with some skilful play, creating opportunities for our shooters to score two equalising goals in the second quarter. The final two quarters were dominated by Amherst with a final result of a 4-7 win to Amherst.

Our second match was against Kemsing School, who had some very tall players to mark! Kemsing led the way in the first quarter with a 2-0 lead. The next quarter was also dominated by Kemsing. Amherst rallied round, and with fierce competitive spirit, clawed their way back into the match with three consecutive goals. With moments to spare, our team scored the final goal to end the match on a 5-4 win to Amherst. All our players showed great team spirit and feisty determination throughout the matches.

Well done to Henry W, Ethan H, Valentina C-G, Neve L, Ella A-O, Emily A and Eloise P. Thank you to the parents for your support from the side-lines.

# FUTURE DATES

### CALENDAR DATES 2025-2026

\*\* Red dates added this week

07-Nov	PTA: Comedy Night - 8.00pm
10-Nov	Odd Socks Day
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
14-Nov	Children in Need: Cake Sale & Art Competition
14-Nov	PTA: Uniform and Christmas Jumper Sale
17-19 Nov	Book Fair - 3.30 - 4.15pm
18-Nov	Year 4 Trip - Battle Abbey
19-Nov	Year 6 - Love to Dance Auditions
25-Nov	Parent Consultations
27-Nov	Parent Consultations
28-Nov	Year 5 Victorian Day - Dress Up
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 - 3.00pm
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: Elfridges Pop-up Shop at school
17-Dec	Christmas Lunch - 12.00 - 2.00pm
19-Dec	LAST DAY OF TERM
CHRISTMAS	



# COMMUNITY



## Could it be type 1 diabetes? Know the 4 Ts:



**Toilet** - going to the toilet a lot?



**Thirsty** - always asking for drinks?



**Thinner** - sudden weight loss?



**Tired** - more exhausted than usual?



These are the early warning signs of type 1 diabetes (T1D) - an autoimmune condition where the body can't produce insulin. Recognising these signs early could save a life. **Scan to learn more.**

[breakthrough1d.org.uk](http://breakthrough1d.org.uk)

OXFORD  
BROOKES  
UNIVERSITY

## PARTICIPANTS NEEDED!

We're looking for children aged 5-9 to take part in a fun online study.

### What is this about?

We want to learn how kids choose what to focus on and how they tackle fun little challenges.

### What's involved?

A 40-minute online video call that you and your child will join.

Your child will solve a computerised puzzle task and answer some questions.

The study is playful and designed to be engaging for children.



### Want your child to become an honorary scientist?

See the link below or scan the QR code to learn more and sign up.

### Prize draw

To show our gratitude, all families who take part will be entered into a prize draw to **win one of two £50 Amazon vouchers.**

The research has been reviewed and approved by the University Research Ethics Committee, Oxford Brookes University [UREC registration number: 241858].

Click here to book.

[https://brookeshls.co1.qualtrics.com/jfe/form/SV\\_cumFaXhb6Rd0Dc](https://brookeshls.co1.qualtrics.com/jfe/form/SV_cumFaXhb6Rd0Dc)



Following the service at St Mary's Church on Sunday morning, we warmly invite you to the Village Hall garden where we will remember the names of those Riverhead residents who lost their lives in the two World Wars; 43 soldiers and civilians during WW1 and 27 who were killed during WW2.

This short service, which begins at 9.30am, will be followed by complimentary refreshments in the hall and reading of the names in the Village Hall Garden at 10.40am.

All are most welcome.



### TESTIMONIAL FROM A PARENT

"My sons (aged 5 and 9) enjoyed taking part in the research and completing (or at least attempting) the puzzles. It was something a bit different for them to do which they both seemed to enjoy.

There was no pressure for them to complete the puzzles and they were able to stop whenever they wanted to. I would recommend the activity to other parents."

# The Lion the Witch and the Wardrobe

By Glyn Robbins  
Adapted from the book by C.S. Lewis

12th - 14th & 18th - 20th  
December 2025  
Book online at [oasttheatre.com](http://oasttheatre.com)

This amateur production of "The Lion the Witch and the Wardrobe" is presented by arrangement with Concord Theatricals Ltd. on behalf of Samuel French Ltd.  
[www.concordtheatricals.co.uk](http://www.concordtheatricals.co.uk)  
Presented by Tonbridge Theatre & Arts Club. Registered Charity No. 227035

## SCHOOL HOLIDAY & WRAPAROUND CLUBS

CHRISTMAS HOLIDAYS  
22ND DEC 2025 - 2ND JAN 2026

ST. JOHNS PRIMARY SCHOOL  
CUNNINGHAM ROAD  
TUNBRIDGE WELLS, TN4 9EW

OVER 50 AMAZING ACTIVITIES!  
Bouncy Castles • Nerf Wars  
Fun Games  
Archery • Team Sports  
Plus Loads More  
Action-Packed Fun!

5% DISCOUNT FOR MEMBERS

Early Bird Discount - 10% Off!  
Book by Saturday, 23rd November  
using code: TUNBRIDGE10

Southeast Kids Camps  
[SOUTHEASTKIDSCAMPS.CO.UK](http://SOUTHEASTKIDSCAMPS.CO.UK)  
0333 444 5100

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