



thanks
for your
support



WORLD DIABETES DAY

Wear something **BLUE**
to support our fundraising.

Donations of **£1.00** in class or via www.schoolgateway.com

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MESSAGE FROM MR REID

World Diabetes Day

Thank you to everybody who is supporting World Diabetes Day today by wearing something blue and making a donation. We hope today will raise the awareness of diabetes for children and parents. We have **two children and one staff member** in our school who have diabetes.

World Diabetes Day (WDD) is the world's largest diabetes awareness campaign reaching a **global audience of over 1 billion people in over 160 countries**. It is marked every year on **14 November**, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in **1922**.

Common types of diabetes and who they affect:

Type 1 diabetes: Often diagnosed in childhood, but you can get it at any age. It cannot be prevented.

Type 2 diabetes: Some people are at higher risk due to ethnicity, age, living with obesity or being overweight. It can sometimes be prevented or stopped with lifestyle changes and treatment.

Gestational diabetes: Can happen during pregnancy. You can reduce your risk with lifestyle changes. Gestational diabetes usually goes away after you've given birth.



Causes of diabetes

Diabetes is caused by your body not making enough or any of a hormone called insulin, or the insulin not working properly (insulin resistance). Insulin helps your body use glucose (sugar) for energy. **Without insulin, the level of glucose in your blood becomes too high**. It's not possible to prevent type 1 diabetes because it's usually caused by a problem with your immune system (autoimmune condition).

You may be more likely to get **type 2** or **gestational diabetes** because of your **weight, age, ethnicity**, or if other people in your family have it. You can sometimes reduce your risk of getting type 2 and gestational diabetes by **making lifestyle changes** such as:

- eating a balanced diet
- exercising regularly
- maintaining a healthy weight

It has been a busy and productive end to the week combining **World Diabetes Day, Open Afternoon** and **Children in Need!**

I hope you all have a good weekend.

Mr Reid



Breakthrough T1D™
Formerly JDRF

All funds raised today will be going to Breakthrough T1D.

For more information on this charity, please [click here](#). You can still donate ONLINE via www.schoolgateway.com.

Symptoms of Diabetes



Increased thirst.



Slow-healing cuts and sores.



Fatigue.



Blurred vision.



Frequent urination.



Unexplained weight loss.

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 - 17 November 2025:

- **WEDNESDAY (19/11)**—an extra Amherst Choir Rehearsal @ 8.15am in 4C
- **ALL other clubs** should be running as **normal**.



LETTERS SENT

Year 3 — [Intended Learning](#)

Whole School—Open Afternoon & Cake Sale Arrangements



YEAR 6 – LOVE TO DANCE AUDITION – 19 NOV

If you would like to audition for the Love to Dance Troupe, we look forward to seeing you at 8.00am on Wednesday.



PARKING

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



BREAKFAST & AFTER SCHOOL CLUB

We currently have spaces in our Breakfast and After School Clubs if you have need for regular weekly childcare. Please [click here](#) for more information.



VACANCIES

We are advertising various positions:

- Teaching Assistant position for 3 days from January 2026
- Catering assistant—immediate start
- Midday supervisory assistant—December/January start.

Please see more information on www.kent-teach.com.



PARENT CONSULTATIONS

Letters with information on how to book parent consultations have gone out today. Bookings open on Monday.



BOOK FAIR

COME TO OUR BOOK FAIR

17 Nov
18 Nov
19 Nov
3.30pm
Small Hall

Book covers include: Nora Nightlight, Blugy, Dogman, The Adventures of a Penguin, Jonty Genlog, The Game I Will Never Forget, and many others.

PTA

SCHOOL UNIFORM SALE

Cash & Card Accepted

FRIDAY, 21ST NOVEMBER
3:00-3:30

- nearly new uniform
- PE Kit
- bags & shoes
- Ties and
- **Christmas Jumpers!**

Get an extra Christmas Jumper hanging around? Jingle it our way and donate to the school before our festive sale!

Amherst Christmas Bazaar

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

SAT 6 DECEMBER
12PM - 3PM

Free Entry!



LET'S CELEBRATE

STAR OF THE WEEK

3B	Nova L
3FB	Alex D
3WH	Mila K
4C	Wilfred W
4HR	Hayley E
4SL	Hayden L

5A	Millie M
5CS	Evie A
5J	Florence V
6A	Dougie B
6DT	William C
6N	Jake R



HOCKEY

On Friday 7th November our Under 11 Girls' hockey team took part in a tournament at Burgess Hill. The team played six matches and narrowly missed progressing to the Plate semi-final. The girls played with superb team spirit all day and were proud to represent Amherst. It should be noted we were the only state school present at the tournament. A special mention to Yannike who played in goal for the first time! Thank you to parents who attended

for their support throughout the day. Congratulations to: Eloise P (6DT), Rosa K (6DT), Prakruti H (6N), Billie-Jean S (6N), Marnya N (5J), Madeline K (6DT), Yannike N (5J), Hester M (4HR)

Mr Reid



FUNDRAISING

We would like to highlight the fantastic charity work of Lyla B (6DT) and Phoebe B(5J) who over the weekend raised £100 for Amherst School. They planned the event on their own, buying stock, creating and distributing marketing leaflets and hosting a jewellery sale, some of which was handmade.

They also held a competition to Name the Teddy Bear. Thank you girls for supporting our school!



FOOTBALL

On Friday 7th November, a group of Year 4 children took part in a football match against Lady Boswells Primary School. Considering the team had never played together before, they displayed some fantastic attacking football, teamwork skills and a positive attitude throughout. Even though Amherst lost the

match, I was so impressed with all of the children's enthusiasm and determination to enjoy representing Amherst. Well done to Ed K (4C), Benson S (4C), Grace C (4C), Izzy W (4C), Toby B (4C), Charlie B (4HR), Rafe K (4HR), Lowen T (4HR), Jacob G (4SL) and Arthur S (4HR). I hope they all enjoyed the afternoon.

Mr Barratt



THEATRE

Congratulations to Alf K (5A) with his appearance in the stage production of The Sound of Music recently at the Assembly Hall Theatre in Tunbridge Wells. Alf played the role of Kurt von Trapp and was joined by his mum, our own violin teacher Mrs Killpack on stage. Well done to you both for taking part in such a special event celebrating the 60th anniversary of the musical!

FOOTBALL



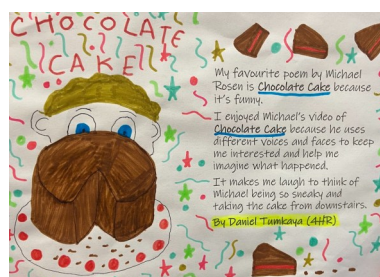
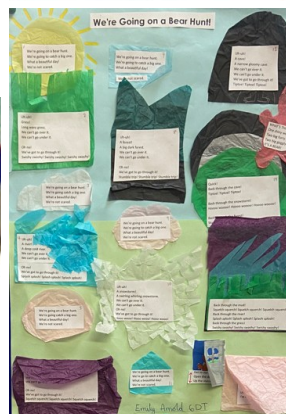
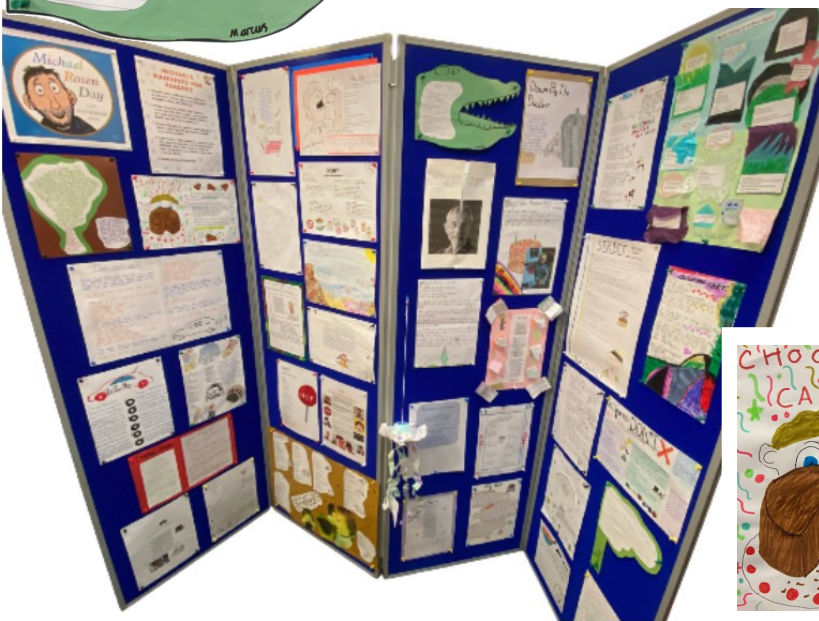
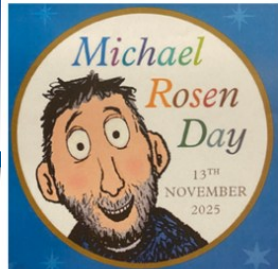
On Wednesday 12th November, a group of Year 6 children took part in a football match against Anthony Roper Primary School. Similar to the Year 4 match, the team had never played together before but managed to display some fantastic passing football, determination and perseverance throughout the match. Even though we lost the match 1-0, Amherst were mightily unlucky not to score having hit the post twice! I hope all of the children enjoyed representing their school and I thoroughly enjoyed coaching the team too. Well done to Artie K (6DT), Felix S (6A), Oliver G (6N), Ollie P (6N), Henry W (6A), Jess C (6N), Edie S (6N), Xander W (6DT) and Jacob L (6DT).

Mr Barratt

MICHAEL ROSEN



Amherst celebrates children's poetry and writing on Michael Rosen Day—13 November 2025!



FUTURE DATES

CALENDAR DATES 2025-2026		** Red dates added this week
17-19 Nov	Book Fair - 3.30 - 4.15pm	
18-Nov	Year 4 Trip - Battle Abbey	
19-Nov	Year 6 - Love to Dance Auditions	
21-Nov	PTA: Uniform and Christmas Jumper Sale (DATE MOVED)	
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		



YEAR 6 WORKSHOP

WORLD WAR II



Year 6

CHRISTMAS IS COMING!

The PTA's biggest fundraiser, the Christmas Bazaar, is next month!!

We are looking for **match funders** to help us **maximise fundraising**.

If you work for a company that offers match funding, or if you are not sure how to find out, please get in touch with the PTA:

amherst-treasurer@outlook.com

Amherst Christmas Bazaar

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

SAT 6 DECEMBER 12PM - 3PM

.....
Free Entry!

Match Funding

Has a HUGE impact on our fundraising ability

YOU **YOUR EMPLOYER**

MATCH IT

Your company can match the funds raised - and we **DOUBLE** our money!!!

- Step 1:** Ask your employer if they offer match funding
- Step 2:** Get in touch with the PTA amherst-treasurer@outlook.com
- Step 3:** Volunteer at one of Amherst PTA's fundraising events

Example wording:
Dear HR
Do you offer match funding or another incentivised giving programme? The PTA of my child's school is a registered UK charity and raises funds to enrich the educational provision of the children. They are looking for match funding opportunities and I would like to support them.

CALLING ALL AMHERST PARENTS & CARERS

DO YOU WORK FOR A COMPANY THAT OFFERS MATCH FUNDING?

MATCH FUNDING
The PTA is looking for match funding opportunities. All you need to do is ask your employer if they offer match funding and fill out a form the PTA can help with.
For more info email: amherst-treasurer@outlook.com

AMHERST PTA XMAS TIMETABLE

NOVEMBER / DECEMBER 2025

Key events & dates

Fri 21 st Nov	Uniform and Xmas jumper sale
Fri 21 st Nov	Raffle tickets and Mystery bags sent home with children
24 Nov - 4 Dec	Donations fortnight - Chocolates, Mystery bags, Bottles, Toiletries/stocking fillers
Fri 5 th Dec	Hampers to be dropped off at school
Fri 5 th Dec	Amherst Festive Bake-Off
Sat 6 th Dec	Christmas Bazaar! ★
Fri 12 th Dec	Cake and Hotdog Sale
Tues 16 th Dec	Elfridges Pop-up Shop

Thank you to all who came and laughed at our comedians last Friday. Comedy night was a great success and definitely an event we will hold again. Without your support in buying tickets and drinking at the bar, the PTA couldn't fundraise, so thank you! We will share our profit soon!

Comedy Night Fun!

COMMUNITY

SEVENOAKS SHARKS

LAGROSSE ACADEMY



WHEN
Friday

6-7pm

WHERE
Knole Academy



COST:
£8 per session if paid up front or £10 PAYG

To book directly please contact Mike on
mbctasuk@gmail.com
07787510631

YEARS 4 AND UP

If you require more information please email
Mike on
mbctasuk@gmail.com
07787510631

PLEASE STATE
NAME, YEAR GROUP
AND ANY MEDICAL
INFORMATION. EXTRA
NEEDS - WASH
BOOKING

EX-ENGLAND INTER-
NATIONAL
MIKE BARRETT
AND
CURRENT TEAM
GB BEN PAGE-
LAYCOCK

ENGLAND LACROSSE IN-
SURED.
FULL ENHANCED DBS
SCHOOL SAFEGUARDING
COMPLIANT



WORRIED ABOUT FOOD FOR YOUR FAMILY? LET US HELP!

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Apply for registration at Sevenoaks Larder

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www.sevenoakslarder.co.uk

T&C's Apply



Love the Game UK Football Coaching

CHRISTMAS FOOTBALL CAMPS



Fun, games, goals, saves, technical sessions, penalty shootouts, tournaments and more.

Agos 5-14 | Boys and girls of all abilities

Coaches are first aid and safeguarding trained, DBS checked, and some even have Premier League coaching experience.

Early drop off and late pickup available.



Guaranteed visit from Santa at both sites

Sevenoaks

Camp 1 - Monday 22nd - Tuesday 23rd December
Camp 2 - Tuesday 30th December
£20 per day, £45 for 2 days

10AM - 3PM

TWGSB Sevenoaks
Seal Hollow Road
Sevenoaks
TN13 3BL

Gravesend

Camp 1 - Tuesday 23rd December
£23 for the day

Shears Green Junior School
White Avenue, Northfleet,
Gravesend, Kent, DA11 7JB



See website for more details or email:
camps@lovethegameuk.co.uk

To book -

- Follow the QR code, taking you straight to our booking site.
- Go to our website, find 'Football Camps' and book your place there.



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?

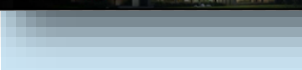
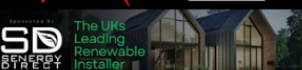


Tired - more exhausted than usual?



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



WINNER
GIFT
1 X FREE SPANISH LESSON

CONGRATULATIONS!

SPANISH CLUB FOR YEARS 3-6
Inspiring children to Love Languages
Valuable, Educational & a Lifelong Skill

IMPORTANT!
To receive this voucher, please email: spanishclub@colorines.co.uk
Valid only 30th January 2024.
If you enter, the booking deadline please get to Spain - we'll do our best to fit your child in!

FUN SPANISH CLUB
Following The Award-Winning La Jolie Ronde Programme
For Pupils of

Wednesday Lunchtime - Years 4-6
Friday Lunchtime - Year 3

GIVE YOUR CHILD A HEAD START IN LANGUAGES
SMALL CLASSES, EXCITING ACTIVITIES, FUN GAMES, MUSIC, & ROLE-PLAY

CAMBRIDGE UNIVERSITY RESEARCH REVEALED
MULTILINGUAL PUPILS PERFORM BETTER AT GCSES - ESPECIALLY IN MATHS, SCIENCE & GEOGRAPHY

Our popular Spanish classes do so much more than teach the language. In small groups, children enjoy games, music, role-play and stories - building confidence & a love and thirst for languages. They'll also explore Spanish culture along the way, as well as gaining a head start for secondary school & beyond! Plus, ideal prep for holidays & real-life experiences.

LEARN

SPANISH

Each child has their own Activity Book and access to our Media Player App, so they can continue learning at home. A great way for you to follow their progress and get involved too!

Limited Spaces Available

TO FIND OUT MORE
Email: belen@colorines.co.uk