



CONTENTS

- Message from Mr Reid
PAGE 1
- Notices
PAGE 2
- Let's Celebrate
PAGE 3
- Sense & Support
PAGE 4
- Community Events
PAGE 4

MESSAGE FROM MR REID

Happy New Year and Welcome Back

I hope you all managed to have a **good Christmas break** and **spend some time together as a family**. The Christmas break is enjoyable and exciting but does not always feel as restful as other holidays for adults. **Returning in January can be hard for many children** having to adjust back to school time routines. Don't be surprised if you face some challenges as a parent this week and over the weekend. **Your child will be tired** and at times a little **overwhelmed** after their first week back at school.

Thank You

Thank you to all parents who **gave or contributed** to staff Christmas gifts. There is no requirement to do this, but **your gratitude** and **recognition** of everybody's hard work is much **appreciated**.

Parent Questionnaire

Thank you to **everybody** who took the time to complete our **annual questionnaire** before Christmas. We will now **spend time analysing the responses** and share the **outcomes** with you shortly. Your **feedback** both positive and identifying areas to improve is **greatly valued**.

This Term's School Value

DETERMINATION

We will work hard to do our best even when things are difficult.

I shared with the children in Monday's assembly how it is **not hard to be determined** when doing **things we are good at or find easy**. True determination is sustaining effort and focus when doing things you find difficult or you don't want to do.

We talked about **not giving up** and that **sometimes you need to have many attempts** before you begin to become successful. This is a **hard concept for children to grasp** especially if they are of the mindset that if something goes wrong it is ruined forever.

As adults, we need to be cautious that we don't model perfectionism to children.

Perfectionism can manifest itself socially, emotionally and academically. Highly successful people fail all the time but have the confidence to revisit those failures and try again.

I think the following quote articulates the feelings that accompany being determined:

CHOOSE the great adventure of being brave and afraid at the exact same time.

-Beene Brown
@teacherdresscode

Children (and adults) often pull back when they feel afraid but sometimes we need to be brave and carry on.

I hope you all have a good weekend and manage to stay dry and warm!

Mr Reid



LET'S CELEBRATE

STAR OF THE WEEK

3B	Sterling E
3FB	George C
3WH	Winter L
4C	Ruben S
4HR	Tui T-D
4SL	Ralph G

5A	Ava B
5CS	Alfie W
5J	Max M
6A	Navya I
6DT	Hope B
6N	Charlie S

TERM 3 PE TIMETABLE

Indoor PE sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
9.10 – 10.10					
11 – 12			4HR Gym		5A Yoga
1.35 – 2.30	6A Indoor Athletics (coach)	6DT Indoor Athletics (coach)	4C Gym	3WH Fitness (coach)	5CS Yoga
2.30 – 3.25	3B Fitness (coach)	6N Indoor Athletics (coach)	4SL Gym	3FB Fitness (coach)	5J Yoga

Outdoor PE sessions

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



FUTURE DATES


CALENDAR DATES 2025-2026

** Red dates added this week

12-Jan	Clubs Start
16-Jan	PTA Meeting - 1.45pm - 2.45pm (Bullfinch Pub)
23-Jan	PTA 2nd Hand Uniform Sale - 3.30pm
04-Feb	Inter House Competition
06-Feb	PTA Cake and Pancake Sale - 3.30pm
06-Feb	PTA Quiz Night - 8.00pm
13-Feb	END OF TERM
HALF TERM	
23-Feb	START OF TERM
23-Feb	Year 6 - Young Voices 2026
27-Feb	PTA Fancy Dress Costume / 2nd Hand Uniform Sale - 3.30pm
03-Mar	PTA Meeting - 7.00 - 8.00pm (at school)
05-Mar	World Book Day
09-Mar	Year 5 - Rainforest Roadshow (workshop at school)
11 - 13 /03	Year 3 - Roman Day
13-Mar	Open Afternoon - 2.45pm
16-Mar	Year 6 - Trip to Parliament
20-Mar	Red Nose Day
20-Mar	PTA - Cake Sale
20-Mar	Clubs End
23-Mar	Year 6 Dance Troupe - Love 2 Dance Show @ the Stag Theatre
24-Mar	Parent Consultations
25-Mar	BUDDY: Riverhead Shared Books and Playtime
26-Mar	Parent Consultations
30-Mar	Year 3 - Easter Production Dress Rehearsal - 2.00pm - 3.00pm
31-Mar	Year 3 - Easter Production - 2.00pm - 3.00pm
31-Mar	Amherst Music Festival - 6.00pm
02-Apr	LAST DAY OF TERM
EASTER	



SENSE & SUPPORT



The CAYP Webinar Series

Tuesday 13th January
8:00-9:00pm

Big Feelings and Big Reactions: Making Sense of Your Child's Behaviour

With Consultant Clinical Psychologist
Dr Daniel Weisberg

This session is going to look at what's really behind the behaviours you might be seeing, from outbursts and shutdowns to school avoidance. We'll explore factors like anxiety, sensory overload and burnout.

Dr Weisberg will share practical strategies to support co-regulation, manage big feelings and handle meltdown moments.

We will also cover how these difficulties affect school and how to work with schools to advocate for your child. You'll leave with clear, useful approaches to reduce conflict and strengthen connection, with the chance to submit questions in advance.

Overview:

- Meltdowns vs. tantrums
- Understanding what behaviours are communicating
- Transitions and triggers
- Co-regulation, big feelings and managing meltdown moments
- Anxiety, burnout and sensory overwhelm
- Practical strategies for home and school
- When to seek professional support

Who can join:
This session is primarily for parents and carers of primary and high school aged children, but anyone working with children is welcome to attend.

Click [here](#) to book your place.

Follow us on social media @cayp.psychology for all webinar updates.




About Dr Daniel Weisberg

Dr Daniel Weisberg is a Consultant Clinical Psychologist and the Managing Director of CAYP Psychology, an award-winning psychological healthcare service for Children, Adolescents, and Young People across the UK and online. Daniel has over a decade of experience working in NHS children's services and specialises in paediatric neuropsychology.

Daniel completed his PhD in children's emotional development and later trained as a Clinical Psychologist at the University of Manchester. His work has contributed to national and international research into child development, rare genetic and developmental differences, and paediatric neuropsychology. Daniel's psychological knowledge and understanding has been shared in social, local and national media. He founded CAYP Psychology in 2016 to ensure that children and families can access timely, high-quality independent psychological healthcare. CAYP has since grown into a team of over 100 clinicians, across 40 UK-wide clinics and online.

About CAYP Psychology


CAYP Psychology (pronounced "cayp") is an independent, clinical psychology-led service offering expert therapy and assessments for children and young people aged 0-18 (or up to 25 for autism assessments). We support a wide range of emotional, behavioural, developmental, and learning needs, and provide outstanding specialist assessments for autism, ADHD, dyslexia, and intellectual disabilities.

We work closely with both schools and parents, and our reports are frequently used in EHCP applications and education tribunals. With nearly 100 highly qualified clinicians across more than 40 UK locations and online, we are proud to deliver thoughtful, values-driven support for children, families, and schools.

Follow us on social media @cayp.psychology for all webinar updates.

www.cayp-psychology.com
enquiries@cayp-psychology.com

WhatsApp, Facebook, Instagram, Twitter, LinkedIn



Monday, January 19th, 2026


12:00 PM

The FREE Parenting Clinic with Anisa Lewis

This is a monthly FREE Parenting Clinic on different themes. The Clinics are recorded and a replay is sent out to all participants, so you do not need to attend live if you are unable.

2026
January - Screens, Scrolling & Staying Sane
February - Raising Resilient Kids
March - Power Struggles (Behaviour)
April - Emotional Regulation and Meltdowns

Please click here to book



Parenting Clinic

January 2026

MON 19 **Screens, Scrolling and Staying Sane**
Free Talk
19 January, 12.00 pm on Zoom

Do screens trigger big reactions?
Does Wi-Fi drop, and everything fall apart?
Do you want clear boundaries without constant conflict?

If screen time is causing daily battles at home, this clinic is for you.

No judgement. No overwhelm. Just support that works in real life.

In this calm, practical 30-minute clinic, you will learn simple ways to reduce screen struggles, set limits with confidence, and feel steadier in your parenting.

Upcoming Events 2026

19 January	Screen, Scrolling & Staying Sane FREE Parenting Clinic 12:00pm Online
23 February	Raising Resilient Kids (Confidence) FREE Parenting Clinic 12:00pm Online
23 March	Power Struggles (Behaviour) FREE Parenting Clinic 12:00pm - Online
20 April	Emotional Regulation & Meltdowns FREE Parenting Clinic 12:00pm - Online

For more details and updates about these events, please visit anisalewis.com or follow me on social media @anisalewis.postiveparenting



COMMUNITY EVENTS




£8.97

NEW YEAR'S CHARITY FAMILY DISCO

ACCOMPANYING ADULTS FREE ENTRY
SHOW EMAIL CONFIRMATION AT DOOR

»» MR. DJ ««

SATURDAY
JAN 17TH 2026 | 5:30-7:30 PM

FOLLOW THIS LINK TO BOOK OR SCAN THE QR CODE:
[HTTPS://SEVENOAKS-KIDS-DISCO.MYSHOPIFY.COM/PRODUCTS/FAMILY-NEW-YEARS-CHARITY-DISCO-TICKET](https://sevenoaks-kids-disco.myshopify.com/products/family-new-years-charity-disco-ticket)


CHURCH OF ST. MARY KIPPINGTON,
KIPPINGTON ROAD, SEVENOAKS, KENT.
TN13 2LL

DISCLAIMER: YOU ARE RESPONSIBLE FOR YOUR OWN CHILDREN

FOR THIS EVENT:
FREE TEA, COFFEE AND BISCUITS
FREE FIZZY DRINKS
(WHILE STOCKS LAST)

PROFESSIONAL MIXING (BLENDED DANCE MUSIC)
OPEN TO ALL AGES
UNDER 4'S FREE WITH OLDER SIBLING(S)
UNDER 16S MUST BE ACCOMPANIED BY AN ADULT
MAX. * 2 COMPANYING ADULTS ENTER FREE
FREE PARKING

IN AID OF WWW.MVDT.ORG
REGISTERED CHARITY NO. 1107161
LIMITED PLACES (BOOK NOW)
SHOW EMAIL CONFIRMATION AT DOOR
SCAN THE QR CODE BELOW TO BOOK



WE ACCEPT CHILDCARE VOUCHERS & OFFER TAX-FREE CHILDCARE!



KIDS DAY ACTIVITY CAMPS

CHILDCARE FROM 8am - 6pm

AGES 4 - 14

FEBRUARY CAMP 2026

SAVE ££'s - EARLY BIRD OFFERS END 31ST JAN
MULTIPLE LOCATIONS THROUGHOUT ESSEX, SURREY & KENT



WALL CLIMBING



ANIMAL WORKSHOP



FENCING



KIDS FAVOURITE
ARCHERY & AXE THROWING

2026 DATES LAUNCHED


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

MEGA FUN AT A LOCATION NEAR YOU!
CHECK WEBSITE FOR LOCATIONS AND DATES

BOOK ONLINE NOW!
WWW.MEGACAMPS.NET
OR CALL 0333 012 4378

Ofsted Registered

ALL OUR STAFF ARE DBS CHECKED




2026 CAMP DATES

FEBRUARY 16TH FEB - 20TH FEB

EASTER* 30TH MAR - 17TH APR

MAY 26TH MAY - 29TH MAY

SUMMER 21ST JUL - 28TH AUG

OCTOBER & CHRISTMAS DATES TBC
Visit: www.megacamps.net
for your locations exact dates & more details

NERF GAMES & LASER TAG

CAMP HOURS 9am-4pm
EXTENDED HOURS 8am-6pm

NEW EXCITING ACTIVITIES & STRUCTURE
TO BE ANNOUNCED IN 2026



ARTS & CRAFTS



INFLATABLE FUN



MAKING MEMORIES

TAKE ADVANTAGE OF OUR PRICE FREEZE**
AND EARLY BIRD OFFERS!
WWW.MEGACAMPS.NET

*DATES VARY DEPENDING ON LOCATION
**PRICE FREEZE UNTIL JAN 31ST 2026