



MESSAGE FROM MR REID

Parenting in the Digital Age

This week the Children’s Commissioner, Dame Rachel de Souza, released a very interesting and informative report titled *‘What I wish my parents or carers knew...’: A guide for parents and carers on managing children’s digital lives.*

From my own experience, as a parent of a 15 year old boy, 13 year old girl and a 10 year old boy, I know how hard this area is for parents but also most importantly for our children.

The guide states:

Parenting today can feel overwhelming — especially when childhood looks so different from what we grew up with. There’s no manual, and it can be hard to keep up with the fast-changing digital world your child moves through every day. This guide aims to make those conversations easier and help you support your child with confidence.

Their message to parents is clear: Be firm, be kind, and trust your instincts. Just take it that you know best — they don’t.



This guide recognises that parents are not only worried about harmful content — but about habits:

- Endless scrolling
- Difficulty switching off
- Pressure from peers
- Changes in behaviour or mood
- Whether their child would tell them if something went wrong

Teenagers may not always say it, but they want clear boundaries. In fact, when I ask them whether they’d give their future children a smartphone at the same age they received one, they tell me unanimously: NO.

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I would really encourage you to read the guide. I am very aware that what we read and know we should do as parents is not always the reality. My advice would be to never give up, keep trying with what you know is right. Be kind to yourself as we won’t get it right every day and nor will our children.

Please click on this image to access the guide:

I hope you all have a good weekend.



Mr Reid

NOTICES



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 START – WEEK BEGINNING 19 JANUARY 2026

ALL clubs should be running as normal.



VACANCIES

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



LETTERS SENT

- Year 3 - [Intended Learning](#)
- Science Day Letter
- Year 6 - Young Voices - Final Arrangements



YEAR 4 RECORDERS

This is a reminder that Year 4 will need to bring in their recorders from Monday 19 January 2026.



PARKING

Parents, please consider our neighbours and children walking to school when parking at drop off or when collecting your children from school.



BRITISH SCIENCE WEEK – ‘Curiosity: What’s your Question?’

British Science Week will run from **6 – 15 March 2026**. We would love to invite parents who work in a scientific field to come in as part of our ‘Panel of Experts’ and answer children’s questions on a range of scientific topics in a whole school Q&A session.

The panel will take place on **Tuesday 10th March 1.45pm – 2.30pm**.

If you would be able to spare some time, please could you **contact the school office** and let them know your availability and also what area of science you work in.



PTA – UPCOMING DATES

TEAM AMHERST

TERM 3 - PTA EVENTS CALENDAR

- Fri 16th Jan 1.45pm PTA Meeting**
- Fri 23rd Jan 3.30pm Uniform Sale**
- Fri 6th Feb 3.30pm Cake/pancake Sale**
- Fri 6th Feb 7.30pm Parents Quiz**
- Fri 13th Feb All day Crazy Hair Day!**

Quiz Night

FRIDAY 6TH FEB

Doors open 7:30 PM for 8pm start

AMHERST SCHOOL HALL

£10 PER PERSON TEAMS OF UP TO 10

BRING YOUR OWN FOOD & DRINK

Tickets on sale via Classlist shortly!

FUTURE DATES



CALENDAR DATES 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	PTA Crazy Hair Day	
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)	
10-Mar	Science Day	
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		



LET'S CELEBRATE

STAR OF THE WEEK

3B	Sienna G	5A	Cameron H
3FB	Jack M	5CS	William R
3WH	Lily W	5J	Henry S
4C	Lucian P	6A	Luca W
4HR	Daniel T	6DT	Will H
4SL	Olive M	6N	Jess C

SENSE & SUPPORT

LOOKING FOR FREE PARENT MENTAL HEALTH SUPPORT?



This service is for adults (18+) only.

12 FREE SESSIONS AVAILABLE



WHERE

Regus, Pluto House
Tunbridge Wells

WHEN

Thursdays, between 10am-4pm



WITH

A Counsellor in Training who has been approved by their education provider and holds an Enhanced DBS Check

THIS SERVICE IS NOT FOR ANYONE WHO HAS ANY OF THE BELOW EXPERIENCES OR WISHES FOR COUNSELLING.

- Whose needs would be better met by a specialist service i.e. eating disorders
- Who are experiencing thoughts of self-harm or thoughts of suicide
- Who are receiving psychological therapy from another service or therapist at the same time as being seen in our service
- Who are experiencing current and active addictions, eating disorders or PTSD (Post-Traumatic Stress Disorder)
- Who have a history or current symptoms of psychosis, hallucinations, and delusion
- Have a diagnosis of bipolar affective disorder / borderline or antisocial personality disorder
- Who are seeking couples counselling
- Who are currently training in counselling and/or psychotherapy
- Have experienced historic or current abuse

We are pleased to offer counselling appointments for parents with our dedicated trainee counsellors who are currently completing their professional training.

Working under the close supervision of a qualified, experienced clinical supervisor, all of the trainee counsellors are registered with a professional body and abide by their ethical frameworks.



Sign up for free counselling sessions

COMMUNITY EVENTS

Please click on the images for more information.

PRODUCTIONS
YOUTH THEATRE GROUP
01767 681 049

OPEN AUDITIONS

JOSEPH

AND THE
AMAZING TECHNICOLOR DREAMCOAT

YOUTH GROUP PRODUCTION

LYRICS BY
TIM RICE MUSIC BY
ANDREW LLOYD WEBBER

SUNDAY 25th JANUARY **TUESDAY 27th JANUARY**

THE STAG, LONDON RD,
SEVENOAKS, TN13 1ZZ
2.00-3.30pm 7-12yrs old
3.30-5.00pm 13-18yrs old

THE STAG, LONDON RD,
SEVENOAKS, TN13 1ZZ
5.00-6.00pm 7-12yrs old
6.00-7.00pm 13-18yrs old

You only need to attend one audition
All auditionees must be 8 years old by the time of the show

TO BE PERFORMED AT THE STAG THEATRE 7TH-9TH MAY 2026
NOTHING TO PREPARE
JUST ARRIVE, BOOK IN AND AUDITION
A show fee is payable by all successful applicants

Riverhead Infants School

Contact Amanda on
07584 419283
to book!

**16 - 20
FEBRUARY**

£20

70AKS MULTI SPORTS FEBRUARY CAMP

ACTIVITIES

FOOTBALL, TENNIS,
ATHLETICS, DODGEBALL,
GOLF, BENCH BALL AND
MANY MORE!

AGES 3-12 **10AM - 3PM**

www.studysmartuk.online

STUDY SMART

Free Online Courses

Starting
**Monday 2nd
February**

Fully Funded Education Support Course
Online LIVE Webinars
6 Week Course
Mon - Fri 9.30 - 11.30 & 12.30 - 2.00
Support Session 4.00 - 4.30

Levels 1, 2 & 3 Available
Accredited Awards & Certificates in:
Prepare to Work in Schools
Wellbeing
Safeguarding & Prevent
Occupational Studies
Understanding Challenging Behaviours
Principles of SEN

Aspire Education Ousted Good Provider

February Half Term 2026 Holiday Playscheme

at
Sevenoaks Primary School

PLAY 4 AGES

We are pleased to confirm that our February Half Term Playscheme will run from
Monday 16th - Thursday 19th February 2026

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

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

BARRACUDAS

ACTIVITY DAY CAMPS

AT A SCHOOL NEAR YOU IN 2026!

EXCLUSIVE PARENT DISCOUNT

USE CODE **SCHOOL20** FOR AN EXTRA £20 OFF YOUR BOOKING!

*Minimum 2 days. *Not to be used in conjunction with other offer codes

- 4 to 14 year olds!
- 80+ Activities!
- Choice each session!
- Specialist Courses!
- Flexible bookings!

HIGHLY RATED School Holiday Camps!!!

SCAN ME!

OFSTED REGISTERED

barracudas.co.uk
01480 467 567

Facebook Instagram Twitter TikTok Trustpilot